

PATCHOULI

pogostemon cablin 10ml

goDésana
feel the pure plant difference



application

Aromatic • Bath • Internal • Topical

properties

Wild-crafted

Producing Organ: Leaves

Extraction: Steam Distillation

Country of Origin: Indonesia

Safety Group: #2

Main Chemical Constituents: pogostol, bulnesol, patchoulene

Therapeutic Properties: Antidepressant, anti-inflammatory, anti-emetic, antimicrobial, antiphlogistic, antiseptic, antitoxic, antiviral, aphrodisiac, astringent, bactericidal, carminative, cicatrizant, deodorant, digestive, diuretic, febrifuge, fungicidal, nervine, prophylactic, stimulant (nervous), stomachic, tonic [Julia Lawless, The Illustrated Encyclopedia of Essential Oils (Rockport, MA: Element Books, 1995), 204.]

uses

- Add 10-20 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water to assist with relaxation and feeling grounded.
- Diffuse 10-12 drops in a cool mist essential oil diffuser for an uplifting environment.
- For appetite suppression, mix 3 drops with a few drops of Grape Seed Oil in a veggie capsule; take 1 capsule daily.
- Add 6 drops to 1 tablespoon of carrier oil and apply on dehydrated skin, feet infected with fungus, etc.
- Add 3 drops per teaspoon of shampoo to assist with scalp concerns.
- Mix 20 drops with 4 ounces of distilled water in a cobalt glass or PET plastic bottle, shake well & mist into the environment or around the body as desired.

product summary

Patchouli is one of the most recognizable fragrances in the world. Although this essential oil may remind people of the hippie era, its value is incalculable. It has been known to assist with depression and anxiety.

Patchouli has strong diuretic properties and also helps break down cellulite, while stimulating the regeneration of skin cells, assisting in healing and preventing ugly scars from forming when wounds heal.

Patchouli is known to be a good anti-inflammatory essential oil that works well for cracked and chapped skin, dermatitis, eczema (weeping), allergic, and inflamed skin. It can also be used as an anti-fungal for athlete's foot, dandruff (added to shampoo), and fungal infections on the skin.

Patchouli is used extensively in cosmetic preparations as it is good for aging skin to help with wrinkles. It is also used as a fixative in soaps and perfumes, especially the oriental types. Patchouli is recognized as an aphrodisiac and is found in many perfumes. It helps with frigidity, nervous exhaustion, and stress-related complaints. The aroma of Patchouli may be too heavy for some women and the aromatherapist should be guided by the preference of the individual.

India Ink once contained Patchouli which helped to fix the color and make the ink dry quickly. To fix ink, add 5 drops of Patchouli to a bottle of brown or violet ink. Use this scented ink to write your goals and intentions.

responsible cautions

- Non-toxic, non-irritant, and non-sensitizing.
- Do not use in large amounts at bedtime.
- The scent of Patchouli may be a little persistent for some people, and may lead to loss of appetite in some individuals.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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