

# Patchouli

## *Pogostemon cablin*

**Therapeutic Properties:** *Antidepressant, anti-inflammatory, anti-emetic, antimicrobial, antiphlogistic, antiseptic, bactericidal, carminative, cicastrisant, deodorant, digestive, diuretic, febrifuge, fungicidal, nervine, prophylactic, stimulant (nervous), stomachic, tonic.*

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.

## aromatherapy & home uses

**Nervous System:** Frigidity, nervous exhaustion, and stress-related complaints.

**Skin Care:** Acne, athlete's foot, cracked and chapped skin, dandruff, dermatitis, eczema (weeping), fungal infections, hair care, impetigo, insect repellent, oily hair and skin, open pores, sores, wounds, wrinkles.

## suggested usage (10 years & up)

### BATH:

- Add 8-10 drops of Patchouli to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist with relaxation and feeling grounded.

### INTERNAL:

- For an appetite suppressant effect, mix 3 drops Patchouli with a few drops of Grape Seed Oil in a veggie capsule. Take one capsule daily.

### INHALATION

- For an uplifting environment, diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply.

### MISTING

- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

### TOPICAL

- Add 6 drops to 1 tablespoon of carrier oil; apply on dehydrated skin, feet infected with fungus, etc.
- Add 3 drops per teaspoon of shampoo to assist with scalp concerns.
- Mix 10 drops of Patchouli with 10 drops of Myrrh, 10 drops of Lavender, and 1 tablespoon of carrier oil to assist the body with acne, eczema, skin ulcers, and athlete's foot.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Do not use in large amounts at bedtime.
- The smell of Patchouli may be a little persistent for some people and lead to loss of appetite in some individuals.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Producing Organ:** *Leaves*  
**Extraction:** *Steam Distillation*  
**Country of Origin:** *Indonesia*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with

## availability

### 10ml Bottle



### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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