

VETIVER

Vetiveria zizanionides



Essential Singles

Vetiver is popular all over the Indian subcontinent. It is a grass with large root systems often used to prevent erosion in India. The essential oil is distilled from the roots. It has a grounding, earthy scent often employed as a fixative in oriental-type perfumes. Vetiver is known as the oil of tranquility. It has a tonic, calming effect on the nervous system and is considered to be deeply relaxing. It is often used in baths and massages for issues relating to nervous tension, debility, insomnia, and depression.

OIL OF TRANQUILITY

Its skin care application extent to acne treatment for eczema, oily skin, stretch marks, restoring sagging skin, and accelerating the healing of cuts and wounds or surgeries. It is a very cooling oil, and can provide relief from fevers, sun stroke, and dehydration. Those same qualities also make it particularly effective with inflammation of the joints as with sprains, rheumatoid arthritis, and lumbago. It strengthens and restores connective tissue and is well used with weak joints and aches and pains of the muscles.

Vetiver's estrogen-like properties make it a good remedy for postpartum depression and during menopause to balance women's hormones. Used to treat flatulence, colic, and obstinate vomiting. It can be applied externally or taken internally to fight infections, including staph infections, restore and renew an exhausted, overworked body.

It has been mixed in sorbets and beverages to enhance libido and arousal, as well as to stimulate the appetite of those with poor appetites. As a nervine with cooling effect, it can be useful in cases of emotional or physical shock, panic, or hysteria. The deeply grounding aspects of this oil make it one of the best oils to use for connecting with Mother Earth, restoring the deep connectivity to ones sense of belonging and purpose. It also is the oils of abundance, supporting connection to that aspect of being.

Available in: 10ml Bottle

daily uses

BATH

- Combine 5 drops Vetiver and 5 drops Orange with 1/2 cup Pink Himalayan or Dead Sea salt and stir into a warm bath to relax and restore tired muscles.

DIFFUSION

- Diffuse 10 minutes per hour with cold air nebulizing diffuser to create a relaxing environment.

INHALATION

- For mental grounding and balancing, apply 2 drops to hands, rub together, cup over nose and mouth, and inhale deeply.

MESSAGE

- Mix 12 drops Vetiver and 12 drops Lavender in 1 tbsp carrier oil for a relaxing massage.

MISTING SPRAY

- Very cooling oil, great for personal misting to cool off during the hot summer months.
- Add 15-20 drops into 4 oz distilled water. Shake well before each use.

TOPICAL

- Add 2 drops per ounce of organic personal care products to use as a skin enhancer.
- Apply a drop to each temple, 2-3 drops to the back of the neck to bring calm and balance in times of high stress.
- Apply 1 drops neat to cuts or scratches to promote healing without scarring.
- For relief from insomnia, mix 5 drops Vetiver with 5 drops Sandalwood. Apply 1-2 drops neat on temples, forehead, and back of neck.

RESPONSIBLE CAUTIONS

Non-toxic, non-irritating, and non-sensitizing.

attributes

PRODUCING ORGAN

Root

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Sri Lanka

PROPERTIES

Anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, cicatrisant, immunostimulant, nervine, sedative (nervous) stimulant (glandular, circulatory, red blood cell production), tonic, vulnerary.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

