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JASMINE (absolute)

Jasminum grandiflorum

A passionate seductress

Source:	India
Extraction:	Alcohol extraction of the solvent extracted concrete of fresh flowers.
Blending Factor:	1
Odour Note:	Base

Characteristics:

Jasmine is absolute is a dark orange to reddish-brown, viscous fluid with a rich, warm, intensely floral and highly diffusive aroma and herbaceous, tea like undertone.

Safety Precautions:

Nontoxic, generally non-irritating and non-sensitising although allergenic reaction has been observed in some individuals. Avoid during pregnancy until term. Impedes concentration – low dosages recommended.

History:

Jasmine is native to Persia (Iran), Afghanistan and Kashmir and is now cultivated commercially in many countries around the Mediterranean. The fragrant flowers have been used since prehistoric times for personal adornment and religious ceremonies. In their native lands, they have had a long association with love and lovemaking and as an aphrodisiac. Jasmine was cultivated in the imperial gardens of eastern emperors in the 15th century but not introduced to Europe until the early 17th century, when the Moors brought it to Spain. Historically, it has been used for its effect on the reproductive system and to assist in childbirth.

Therapeutic Actions:

Antidepressant, aphrodisiac, calmative, emmenagogue, hypotensive, lactogen, nervine analgesic, parturient, prophylactic, sedative

Enhances:

Joy, calmness, warmth, romance, love, sexuality, harmony, clarity, euphoria

Reduces:

Anxiety, depression, post natal depression, PMS, moodiness

Uses:

Reproductive/endocrine: Menstrual regulation, labour and birthing

Skin: Dry, sensitive, mature skin

Methods for use:

Jasmine oil is presented as a 10% solution in jojoba oil. Even then, the odour is intense and only a small amount is required.

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Citrus Oils, Clary Sage, Frankincense, Geranium, Lavender, Neroli, Palmarosa, Rose, Rosewood, Sandalwood, Ylang Ylang.

Birthing Relief		Menstrual regulation		Meditation Aid	
Jasmine	2	Jasmine	1	Jasmine	1
Clary Sage	6	Clary Sage	2	Frankincense	2
		Lavender	3	Clary Sage	2
Total drops	8	Total drops	6	Total Drops	5
In Carrier	16 ml	In Carrier Oil	12 ml	In Vaporiser	