

PATCHOULI

Pogostemon cablin

The hippie renewal

Source:	Indonesia
Extraction:	Steam distillation of dried & lightly fermented leaves.
Blending Factor:	3
Odour Note:	Base

Characteristics:

Patchouli is amber to dark orange, viscous liquid with a very rich, sweet, herbaceous, earthy odour that improves with age.

Safety Precautions:

Nontoxic, non-irritating and non-sensitising.

History:

Patchouli is native to tropical Asian regions and was widely used incense, perfumes and insect repellents. The west's introduction to patchouli began early in the 19th century when fascination grew about the layers of crushed herb sprinkled liberally in shipments of carpets, fabrics and clothing imported from India and the Middle East.

The dried leaves were not placed for aesthetic purposes but as insect repellent, a use for which the east had always used patchouli. Patchouli became the signature scent of the hippie generation of the 1960's where it was used to mask the tarry odour of marihuana.

Therapeutic Actions:

Enhances:

Alertness, endurance, energy, gentleness, purpose, fulfillment, sexuality, calming peacefulness, grounding, clearing, uplifting, circulatory stimulant

Reduces:

Anxiety, depression, listlessness, conflict, nervous exhaustion, insomnia, sexual fears

Uses:

Circulation, Muscle, Joints:

Cellulite, fluid retention, varicose veins

Nervous system:

Libido, insomnia, nervous exhaustion, stress related conditions

Skin:

Acne, cracked/chapped, tinea, ringworm, fungal infections

Methods for use:

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.

Naughty Nights Massage		Focus and Unite your thoughts		Tinea Taming	
Patchouli	3	Patchouli	3	Patchouli	2
Clary Sage	4	Orange	4	Cedarwood	2
Ylang Ylang	3	Geranium	3	Tea Tree	2
Total drops	10	Total drops	10	Total Drops	6
In Carrier	20 ml	In Carrier Oil	20 ml	Footbath	
Or bath		Or bath			

Blends well with:

Bergamot, Clary Sage, Cedarwood, Frankincense, Geranium, Ginger, Lavender, Lemongrass, Myrrh, Neroli, Pine, Rose, Rosewood, Sandalwood, Vetiver, Ylang Ylang.