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Vetiver
Vetiveria zizanioides
Tranquility

Source:

Extraction: Steam distillation of the dried roots

Blending Factor: 4

Odour Note: Base

Characteristics:

Vetiver is a golden to greyish brown viscous oil, with a deep smoky earthy fragrance.

Safety Precautions:

Non-toxic, non-irritant, non-sensitizing

History:

Vetiver is native to South India, Indonesia and Sri Lanka. It has been used in India for its perfume and insect-repellent properties. It is placed with the linen to repel moths. The roots are woven into awnings and blinds and hung on the windows in India, where they emanate their scent on a warm day when sprinkled with water. In India and Sri Lanka, the essence is known as 'the oil of tranquility'.

Therapeutic Actions:

Antiseptic, antispasmodic, depurative, rubefacient, sedative (nervous system) stimulant (circulation), tonic, vermifuge.

Enhances:

Sexuality, strengthening, tranquility, relaxing, grounding, recharges emotional and physical energies, peace.

Reduces:

Over-sensitivity, tensions and fears, burn-out, fear and anxiety.

Uses:

Circulation/Muscle: Arthritis, muscular aches & pains, rheumatism, sprains, stiffness.

Nervous system: Depression, insomnia, nervous tension, stress-related conditions.

Skin: Acne, cuts, oily skin, wounds, mature, dry and irritated skin.

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% i.e. 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:

Clary Sage, Frankincense, Geranium, Grapefruit, Jasmine, Lavender, Lemon, Patchouli, Rose, Rosewood, Sandalwood, Ylang Ylang.

Relieving Tension		Peace & Tranquility		Brighten your day	
Vetiver	4	Vetiver	2	Vetiver	2
Rosewood	3	Geranium	2	Ylang Ylang	2
Mandarin	3	Rose	4	Lavender	2
Total drops	10	Total drops	8	Total Drops	6
In Carrier	20 ml	In Carrier	16 ml	In Vaporiser	0
Or Bath		Or bath			