

# BAY LAUREL

*Laurus nobilis*

Bay Laurel is a powerful stimulant to the immune and lymphatic systems. It is of tremendous value in dealing with a wide range of viral and respiratory conditions including colds, flu, tonsillitis, and allergies; especially when congestion and infection are involved.

Research into Bay Laurel's potential antiviral ability was promising in its action against SARS corona-virus. Dr. Kurt Schnaubelt has written: "Bay Laurel's positive effects on the lymphatic system are undeniable. Rubbing a few drops on swollen lymph nodes will produce an immediately noticeable relieving effect."

Bay Laurel acts on the lymphatic system by reducing swollen lymph nodes, promoting lymphatic drainage, and stimulating the formation of lymphocytes (the white blood cells) which play a critical role in the body's ability to fight disease by attacking bacteria, viruses, toxins, and tumors. This remarkable oil is also stimulating to the liver and spleen, and is therefore an excellent aid to the digestive system. It has been used historically to ease indigestion, gas, and diarrhea; promote the flow of digestive juices; and stimulate appetite. It is also a good kidney tonic.

Bay Laurel is also very helpful for hair and scalp; it is often used in tonics to fight hair loss and dandruff and promote the overall health of the scalp.

## daily uses

### BATH

- Add 8-10 drops to ½ cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water.
- Add a few drops to your favorite body wash for an invigorating bath experience.
- Add several drops to shampoo and/or conditioner for a powerful hair tonic.

### DIFFUSION

- Diffuse in 5 minute intervals throughout the day to enhance mood and support the immune system.

### INTERNAL

- Used to flavor Bay Rum, this Essential Oil can be used in small quantities (1-2 drops) to create a similar flavoring in soups and stews.

### TOPICAL

- Add 15 drops to 1 ounce of carrier or massage oil to create a soothing blend for relieving muscular aches, strains, and pains.
- Bay Laurel can be of tremendous benefit to a congested lymph system; for swollen lymph nodes, place 1-2 drops on location.
- Especially effective when combined with Lavender, Eucalyptus, or Lemongrass.
- Also useful after exercise to prevent soreness and lactic acid buildup.

### RESPONSIBLE CAUTIONS

- Use as directed, and adhere to reasonable cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp)
- Store at room temperature with lids securely tightened.
- Keep away from sunlight.
- Those with sensitive skin may want to dilute for use on the skin.
- Not recommended for use during pregnancy.

## Essential Singles

### attributes

**Wild Harvested**  
**GRAS Certified**

### Producing Organ

Leaves, branches, and berries

### Extraction

Steam distillation

### Country of Origin

Hungary

### Therapeutic Properties

Antibacterial, anticonvulsant, anti-infectious, antimicrobial, antiseptic, digestive, expectorant, immunostimulant, lymphatic cleanser and decongestant, and tonifying (hair and scalp)



**Available in:**  
**10ml Bottle**

### 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.



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