

Jasmine

Jasminum grandiflorum

Therapeutic Properties: *Analgesic (mild), antidepressant, anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, carminative, cicatrizant, expectorant, galactagogue, parturient, sedative, tonic (uterine).*

Jasmine Essential Oil influences the emotional part of us. No other Essential Oil is quite as capable of changing our mood so intensely. Jasmine does not simply lighten our mood, it brings euphoria to darkness. It helps solve unresolved emotional blocks, psychological tension, coldness, fear, and paranoia. Natural sensuality grows from a state of wholeness which requires that we trust ourselves and others. Jasmine helps set the stage for experiencing warm love, total abandon, trust, and relaxed physical awareness.

Jasmine seems to increase the attractiveness of the person wearing it. Perfumes containing Jasmine have always sold well. Undiluted with its dark, mahogany color, the oil is almost too strong; it possesses strong yang energies. The more diluted the oil, the more the female yin energy is brought out. The gentler the fragrance, the more effective this Essential Oil will be.

Jasmine is particularly beneficial for treating women's health problems. Jasmine has been used as a birthing oil as it is said to 'warm the womb' and facilitate the birth; so Jasmine can be very useful in labor, particularly where the uterine action is inefficient, during menstruation and, following delivery. It has a long tradition in childbirth. Useful following delivery for retained placenta and 'after pains'. It also aids in milk production and menstruation.

A fragrance like Jasmine Essential Oil that creates euphoria stimulates the brain which releases the neurotransmitter encephaline, a substance that acts as an analgesic and generates feelings of pleasure and euphoria.

aromatherapy & home uses

Circulation, Muscles, and Joints: Muscular spasm, sprains.

Genito-Urinary System: Dysmenorrhea, frigidity, labor pains, uterine disorders.

Nervous System: Depression, nervous exhaustion, and stress-related conditions. It produces feelings of optimism, confidence and euphoria. It is most useful in cases where there is apathy, indifference or listlessness.

Skin Care: Dry, greasy, irritated, sensitive skin.

suggested usage (10 years & up)

BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water to assist and help support your body with addiction, lifting postnatal depression, relaxation, easing muscle pain, soothing coughs, and reducing tension and nervousness.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

MISTING

- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- 1-3 drops in 1 ounce of carrier oil is wonderful for massages during the last month of pregnancy. It assists with relieving a backache; simply massage the painful area.
- Jasmine Essential Oil can be used in a cream or lotion for dry or sensitive skin, as well as to help reduce stretch marks and other scars.
- Roll on to create a stand-alone scent or use as a base for your own signature designer scent.
- Jasmine has traditionally been used as a birthing oil as it is said to 'warm the womb' and facilitate the birth. Apply it to the lower back and on the uterus acupressure point on the feet during labor.

Note: Use only the last two weeks before delivery.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Jasmine Essential Oil should never be taken internally due to its solvent extraction.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Wildcrafted

Producing Organ: *Flowers*

Extraction: *Extraction by solvent with separation by alcohol to produce an absolute*

Country of Origin: *Egypt*

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2nd trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

5ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

©2012 Alexandria Brighton, Brighton Institute of Botanical Studies