

Bay Laurel

laurus nobilis 10ml

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 coronavirus. 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; to promote the flow of digestive juices, and to 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.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 5 minute intervals throughout the day to enhance mood and support the immune system.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to encourage confidence, inspiration, and creativity.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to help counter rheumatic aches and pains.*
- **Shampoo:** Add several drops to shampoo and/or conditioner for a powerful hair tonic.*

topical

- **Massage/Lotion:** Add to carrier or massage oil to create a soothing blend for relieving muscular aches, strains, and pains; especially useful after exercise to prevent soreness and lactic acid buildup.*
- **Massage:** Bay Laurel can be of tremendous benefit to a congested lymph system; patch-test prior to topical application. Especially effective when combined with Lavender, Eucalyptus, or Lemongrass.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 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.*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified Aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

properties

Wildcrafted

Producing Organ: Leaves, branches, berries

Extraction: Steam Distillation

Country of Origin: Hungary

Main Chemical Constituents: 1,8 Cineole, *a*-Pinene, *a*-Terpinyl acetate, Linalool, and *B*-Pinene

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

responsible cautions

- Not recommended for use during pregnancy or while breastfeeding..
- Not recommended for use with children.
- Not recommended for use by those taking anticoagulants (blood thinners).
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*