

Jasmine

jasminum grandiflorum 5ml

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.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as desired.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well, and mist into the environment as desired.*

bath

- **Bath:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea 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.*

topical

- **Massage:** Jasmine has traditionally been used as a birthing oil as it is said to "warm the womb" and facilitate the birth. Mix 1 to 3 drops in 1 ounce of carrier oil and apply it to the lower back. (**Note:** Use only the last two weeks before delivery.) Can also be used on the uterus acupressure point on the feet during labor.*
- **Massage/Lotion:** Mix 5 to 7 drops in a cream or lotion for dry or sensitive skin, as well as to help reduce stretch marks and other scars.*
- **Perfume/Cologne:** Apply 1 to 2 drops to pulse points as a stand-alone scent, or blend with other essential oils for your own signature scent.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Flowers

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

Country of Origin: Egypt

Main Chemical Constituents: Benzyl acetate, linalol, phenylacetic acid

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

responsible cautions

- Should never be taken internally due to its solvent extraction.
- Non-toxic, non-irritant, non-sensitizing.
- 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.

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