

## EO of the Month July 2013



### JASMINE

*Jasminum officinale*  
*Jasminum grandiflorum*  
*Jasminum sambac*

#### Plant Origin:

India, Persia and China. Found today also in southern France, Italy, Morocco, Algeria and Egypt. The name is derived from the Persian name for a girl, *Yasmin*.

#### Plant parts used:

Absolute or enfleurage extraction from the flowers. Flowers must be picked at night before the fragrance has evaporated. True Jasmine oil is expensive. It takes 1,000 pounds or 3.6 million fresh, handpicked, non-crushed blossoms to create 1 pound of oil, which costs \$1,200-\$4,500. An experienced collector can only pick 10,000-15,000 per day. The good news is the oil must be diluted to obtain the therapeutic properties and proper scent. If it's cheap, it's not true Jasmine, but a laboratory created synthetic or Jasmine stretched with other ingredients. Most Jasmine oil has been diluted into a carrier oil such as fractionated coconut or jojoba oil, which is fine because it's essentially unusable neat. Responsible sellers will tell you this.

#### Unusual facts:

Jasmine is close in chemical structure to human perspiration, which contains natural pheromones. So since it is often considered an aphrodisiac, perhaps Jasmine acts like pheromones.

#### Scent

Warm, rich, floral, sweet, fruity, heady, sensual, exotic, erotic, mysterious, seductive.

#### Properties:

Anti-depressive, calmative, uterine tonic, sexual tonic, aphrodisiac, stimulant, nerve tonic.

#### Mental, emotional and spiritual effects:

Uplifting, euphoric, comforting, relaxing, soothing, treatment for depression, anger, fear, grief and worry, aphrodisiac, good for anxiety, hopelessness, apathy, listlessness, reawakens passion, opens the heart to love, increases ones attractiveness.

#### Physical effects:

Menstrual cramps, uterine tonic, labor pains, increases milk production, muscle cramps, joint pain, headaches, insomnia, nervous exhaustion, sedates nervous system, lethargy, stress, anxiety, restlessness, frigidity, genital and prostate problems, impotence, aids fertility.

#### Skin:

Eczema, dermatitis, dry, irritated or inflamed skin, sensitive skin, wrinkles, aging and mature skin.

Blends with: Bergamot, Clary, Cypress, Frankincense, Geranium, Ginger, Lavender, Orange, Mandarin, Neroli, Palma Rosa, Rose, Rosewood, Sandalwood, Ylang Ylang

**CAUTIONS:** DO NOT take orally since most Jasmine is solvent extracted. Pregnant women should use as directed by an experienced practitioner. DO NOT use Jasmine if traumatic sexual issues such as rape have not been resolved. Use Rosewood instead to heal the sexual issues and then use Jasmine.

#### Sources:

[Complete Aromatherapy Handbook](#) by Susanne Fischer-Rizzi

[Aromatherapy](#) by Kathi Keville and Mindy Green

[Your Essential Nature](#) by Nita Morrow Hill

[Essential Oils Desk Reference](#) by Young Living Essential Oils

[The Aromatherapy Book](#) by Jeanne Rose

[Aromatherapy for Healing the Spirit](#) by Gabriel Mojay