

Essential Oils for Sleep



Photo by [sk8geek](#)



Essential oils for sleep can help you get a good night's sleep and wake up refreshed and invigorated. Sleep disorders are widespread, especially in today's 24/7 nonstop, always on the go culture. Some estimate that up to 65% of people in Western nations have difficulties getting a good night's sleep. They wake up tired and have periods weariness and fatigue throughout the day. And, at least 10% of the population has such a severe level of sleep dysfunction that they require therapeutic treatment. And, many have resorted to prescription drugs.

It's no wonder that nearly 40% of people with insomnia turn to over-the-counter medications or alcohol to help fall asleep faster and stay asleep. But, most of these medications have side effects. So, many people are investigating natural botanicals that have calming, relaxing and soothing properties.

Among the botanicals people use are a number of essential oils. Many essential oils have calming effects.

Scientific Evidence on Essential Oils for Sleep

A number of clinical trials have been conducted to investigate essential oils for sleep disturbances. [One paper](#) reviewed the human studies, many of which were randomized controlled trials, that had been published between 1990 to 2012.

This review indicated that the oils that produced statistically significant results in improving sleep quality included **lavender**, **peppermint** and **jasmine** oil. It indicated that some studies found positive results, though not statistically significant, for **lavender** oil and lavender and **valerian** blends.

The effect of essential oil aromatherapy for improving sleep is much easier to conduct on animals. A [study on rats](#) (which are like humans in many ways) showed that oil vapors that significantly altered sleep time included lemon, rose and valerian. Lemon significantly shortened sleep time while **rose** and **valerian** significantly lengthened sleep time. [Lavender](#) lengthened sleep time, but not significantly.

Many recent studies have examined single oils or an essential oil blend on sleep disturbances. Here are just a few recent studies.

Lavender Essential Oil

One [hospital study](#) demonstrated that lavender, roman chamomile, and neroli with a 6 : 2 : 0.5 ratio were found to significantly lower anxiety and improve sleep quality in cardiac patients.

Another [study of cardiac patients](#) in the Intensive Care Unit (ICU) used lavender essential oil. Those patients using lavender aromatherapy showed significant decreases in anxiety and significant improvement in sleep quality.

A [study of healthy college students](#) demonstrated that aromatherapy using lavender essential oil significantly increased deep or slow-wave sleep (in the first half of the night), percent of time spent asleep, and increased vigor the morning.

Another [study of college students with sleep issues](#) tested the use of lavender essential oil and recommendations for good sleep against only recommendations for good sleep. The lavender group showed significantly improved sleep quality and less daytime fatigue compared to the non-lavender group and these advantages remained for at least 2 weeks after the test.

Valerian

A review of [16 randomized, placebo-controlled trials of valerian](#) for improving sleep quality showed that 6 studies showed positive effects. Most of the larger studies showed an inconclusive, dichotomous outcome of sleep quality (sleep improved or not improved).

A study tested a [combination of valerian, hop, and jujube](#) in capsule form with 120 generally healthy patients with sleep problems (60 using the combination and 60 not). After 10 days patients taking the combination showed significant improvements ($p < 0.024$) over the placebo group in time to get to sleep, nighttime awakenings, and total sleep time. After 20 days the improvements were highly significant ($p < 0.001$)

Rose Oil

A [study of rose oil](#) showed that it significantly decreased breathing rate, blood pressure, and perceived alertness with an increase in relaxation and calmness.

Recipes Using Essential Oils for Sleep

Nearly all blends will contain at least lavender, rose, valerian, roman chamomile, neroli, or jasmine oil.

For example, here is a blend [From the Selected Works of Mona Shattell](#)

Bergamot: 2 drops

Lavender: 10 drops

Roman Chamomile: 5 drops

Add to carrier oil: 2 oz unscented lotion or jojoba oil

Apply freely to chest and neck prior to bed

Which Essential Oils to Use For Sleep?

Commercially available blends also contain one or more of the oils proven to help you get a good night's sleep.

- Natural Riches™ Sleep essential oil blend contains Lavender, Clary Sage, Copaiba Balsam, Marjoram, and Chamomile.
- Nexon Botanics™ Zen Sleep Essential Oil Blend consists of Geranium, Lavender and Cedarwood oils.
- Pure Therapeutic Grade™ Good Sleep Blend contains Clary Sage, Copaiba and Lavender
- Edens Garden™ Good Night blend contains Lavender, Sweet Marjoram, Chamomile, Bergamot, Ylang Ylang, Sandalwood, Key Lime, Lime, and Vanilla
- Artizen™ Good Sleep Blend contains Clary Sage, Copaiba, and Lavender
- Plant Guru™ Sleeo Tight Synergy Blend contains Bulgarian Lavender, Spanish Marjoram, Ylang Ylang, Copaiba, Roman Chamomile, Rue, and Sandalwood
- Prime Natural™ SLEEP & RELAXATION blend contains Lavender Bulgaria, Clary Sage, Copaiba Balsam, Marjoram, Roman Chamomile

As you can see, each brand has its own unique blend of essential oils. Investigate these and other oils to see what effect they have on your sleep. Choose a blend that you like

and use it.

Essential Oils for Sleep References

- [Effects of Aromatherapy on the Anxiety, Vital Signs, and Sleep Quality of Percutaneous Coronary Intervention Patients in Intensive Care Units](#) in the *Journal of Evidence-Based Complementary & Alternative Medicine*
 - [An Olfactory Stimulus Modifies Nighttime Sleep in Young Men and Women](#) in the journal *Chronobiology International*
 - [Effects of aromatherapy on sleep quality and anxiety of patients](#) in the journal *Nursing in Critical Care*
 - [Effect of Inhaled Lavender and Sleep Hygiene on Self-Reported Sleep Issues: A Randomized Controlled Trial](#) in the *Journal of Alternative and Complementary Medicine*
 - [Valerian for Sleep: A Systematic Review and Meta-Analysis](#) in the *American Journal of Medicine*
 - [Evaluation of effectiveness and safety of a herbal compound in primary insomnia symptoms and sleep disturbances not related to medical or psychiatric causes](#) in the journal *Nature and Science of Sleep*
 - [The Sleep-Enhancing Effect of Valerian Inhalation and Sleep-Shortening Effect of Lemon Inhalation](#) in the journal *Chemical Senses*
 - [Relaxing Effect of Rose Oil on Humans](#) in the journal *Natural Product Communications*
 - [A Systematic Review of the Effect of Inhaled Essential Oils on Sleep](#) in *The Journal of Alternative and Complementary Medicine*
 - [Healing scents: An overview of clinical aromatherapy for emotional distress](#) From the Selected Works of Mona Shattell
-

Types of Essential Oil Diffusers

Different types of essential oil diffusers are available to help you enjoy the benefits of aromatherapy.

Essential oils are volatile, meaning the oils evaporate into the air at room temperature. A diffuser is merely a device that helps the essential oil molecules move into the air more rapidly than they otherwise would in an open bottle.



Photo by [Valerie Everett](#) 

Diffusing essential oils in the air is a popular way to enjoy the [therapeutic benefits of aromatherapy](#). Massage with essential oils added to a carrier oil is also a way to enjoy aromatherapy.

There are several ways of diffusing essential oils into the air. Some are very simple and inexpensive. Some diffusers can cost well over \$100.

Electronic diffusers often have lights which make the diffuser look pretty while it is working. They also often have timers and speed controls. The timers allow you to determine the duty cycle, that is, how long the diffuser is “on” and “off”. Speed controls determine how quickly oil vapor is disbursed into

your room.

Most electronic diffusers also need to be cleaned periodically because of oil buildup. Look at your operations manual that comes with your diffuser for specific instructions.

Let's take a look at some of the options.

Rubbing Oil on Your Hands

Simply put a drop or two of essential oil on your hands and rub them together. This distributes the oil over a relatively large area so the oil evaporates quickly. Rubbing your hands together helps warm the oil and further encourage evaporation.

Then cup your hands over your mouth and nose and breathe in. Take several deep breaths. Don't get the oil on or near your eyes.

This is a quick way to get the oil absorbed by your skin and the vapors into your lungs. And, this is a great technique for personal use.

Adding Oils to Warm Water

You can encourage essential oil evaporation into the air by adding a few drops of essential oils to warm water.

This is often used in a bath. You can breathe in the vapors while enjoying a relaxing bath.

You can also pour warm water in a bowl and add a few drops of oil. You typically cover your head with a towel and bend over the bowl to concentrate the vapors to the small area around your face.

Either way helps you get the benefits of the oil.

Reed Diffuser to Speed Evaporation

The basic idea of the reed diffuser is to increase the surface area of the essential oil to speed its evaporation into the air. It is very simple and inexpensive to make. But, be aware that some reed diffuser kits you can buy will come with synthetic fragrances which may contain harsh chemicals.

You can make a reed diffuser easily. Simply fill a small bottle with the essential oil mixture you want to diffuse and insert some porous rattan reeds into the bottle. The oil will “wick” up into the reeds and evaporate into the surrounding air.

This type of diffuser is always “on”, evaporating oil into the room. It is good for small areas like a bedroom or kitchen. But, since it is always helping oil evaporate, it can use up your oil faster than an electrical diffuser you can turn off.

DIY Reed Diffuser! Homemade Home Products That Save You Money! (Clean My Space)

Essential Oil Burners

The essential oil burner uses heat to help speed evaporation the oils into the air. Several types are common.

One example involves putting some oil in a ceramic container and suspending this over a candle flame. Another way is to put oil onto an ornamental terracotta ring and placing this on an incandescent light bulb. Yet another example is a candle scented with an essential oil. These tend to use high levels of heat to speed evaporation of the oil.

Other units use lower levels of heat, often below 200°F. This is below the boiling point of water and is better than a hotter unit.

There is the obvious danger of using a open flame around flammable essential oils. The other drawback is that each essential oil is composed of numerous natural and sometime delicate organic compounds. Some of these compounds can be chemically changed when they are exposed to higher temperatures. This alters their nature and can reduce their therapeutic value.

Electric Fan Evaporative Diffusers

Another way to speed the evaporation of essential oils is to increase the air flow across the oil. This is how the electric fan diffuser works. You add drops of an essential oil to an absorbent pad. The fan blows air across the pad causing more evaporation of the oil. And the air goes into the room. Depending on the size of the unit, this can be effective for one or more rooms.

How To Use The Aromatherapy Fan Diffuser

Nebulizer or Atomizing Diffuser

This diffuser uses the Bernoulli Effect. A thin tube is inserted into a small pool of oil. An air pump blows air across the top of the tube. This creates a partial vacuum in the tube which draws oil up the tube. When the oil reaches the top of the tube the air stream atomizes the oil, dispersing molecules of the oil into the stream of air. The air stream with the oil molecules goes into the room.

Here, the mist you see is the result of the atomized essential oil. This means that you are using oil at a rapid pace. So, you typically turn on the nebulizer for short periods of time.

Some nebulizer diffusers require you to remove the dropper nozzle and screw the essential oil bottle onto the diffuser. So, if you want to diffuse an oil blend, you will need to create the blend and put it into a bottle. Other diffusers

require you to add oil drops to a reservoir which makes blending oils easy.

The size and power of the air pump will determine how quickly oil gets diffused. It will also affect the level of noise the diffuser makes.

ORGANIC AROMAS ♥️ Nebulizer Essential Oil Diffuser – Review

Ultrasonic Cool Mist Diffuser

Perhaps the most popular diffusers are the ultrasonic mist diffusers. You add water and a few drops of your essential oils to a reservoir. Below this is a flexible membrane which vibrates at ultrasonic frequencies. This causes the liquid water and oil to break up into a vapor which then goes into your room.

This cool mist (comprising water and oil vapors) disburses into the room. So this type of diffuser acts as a humidifier because it adds water vapor to a room. So, it's best not to use this type of diffuser in rooms with a mold problem.

And, because the mist is mostly water vapor, not much oil gets disbursed. You typically run these diffusers for long periods of time to get enough oil in the air to be effective.

Ultrasonic Aroma Diffuser Instructions

Types of Essential Oil Diffusers Summary

You've seen examples of the major types of essential oil diffusers. For personal use, rubbing some oil on your hands and breathing in may be adequate. For more long lasting effects and for making a room smell nice you will need an electronic diffuser.

Examine feedback about each diffuser to gauge the user experience before you buy.

And, then enjoy the benefits of aromatherapy.

Benefits of Tea Tree Oil

Benefits of tea tree essential oil include being an antiseptic to boost healing of cuts and acne, is a natural mouthwash, fights mold and fungus such as nail fungus and athlete's foot, repels insects and is a natural deodorant.



Photo by [John Tann](#) 

Tea tree oil, sometimes called melaleuca oil, comes from the leaves of the tea tree. Originally, the oil came from the *Melaleuca alternifolia* species that grows in the swampy Australian coast. Now, several species from the genus *Melaleuca* are now used to produce the oil. These species include:

- *Melaleuca alternifolia*
- *Melaleuca armillaris*
- *Melaleuca styphelioides*
- *Melaleuca leucadendra*
- *Melaleuca acuminata*
- *Melaleuca ericifolia*
- *Melaleuca quinquenervia*

Tea tree oil is typically colorless or pale yellow with a nutmeg or camphoraceous odor. The oil is made from steam distillation of the narrow, oil-rich, leaves of the tea tree.

The benefits of tea tree oil come about from the various organic compounds that make up the oil. These natural compounds help protect and nurture the tea tree and they also help you.

The International Standard Organization has set standards for the [composition of tea tree essential oil](#). These standards give the minimum and maximum percent composition of major natural compounds found in the oil.

And, the article ([Melaleuca alternifolia \(Tea Tree\) Oil: a Review of Antimicrobial and Other Medicinal Properties](#)) that appears in the journal *Clinical Microbiology Reviews* reports on the typical percent composition of compounds found in tea tree oil.

These composition ranges and typical compositions are as follows:

- Terpinen-4-ol (35-48%, typical 40.1%)
- γ -Terpinene (14–28%, typical 23.0%)
- α -Terpinene (6–11%, typical 10.4%)
- 1,8-Cineole / [Eucalyptol](#) (Trace-10%, typical 5.1%)
- Terpinolene (1.5–5%, typical 3.1%)
- p -Cymene (0.5–8%, typical 2.9%)
- α -Pinene (1–4%, typical 2.6%)
- α -Terpineol (2-5%, typical 2.4%)
- Aromadendrene (0.2–3%, typical 1.5%)
- δ -Cadinene (0.2-3%, typical 1.3%)
- [Limonene](#) (0.5-1.5%, typical 1.0%)
- Sabinene (Trace–3.5%, typical 0.2%)
- Globulol (Trace–1%, typical 0.2%)
- Ledene / Viridiflorene (0.1-3%)
- Viridiflorol (Trace-1%, typical 0.1%)

Benefits of Tea Tree Oil

Tea tree oil and its components have been widely investigated. Here are are sample of the types of investigations and the results than can be found on [Google Scholar](#).

Benefits of Tea Tree Oil Against Cancer

An article ([Terpinen-4-ol, The Main Component of Melaleuca Alternifolia \(Tea Tree\) Oil Inhibits the In Vitro Growth of Human Melanoma Cells](#)) in the *Journal of Investigative Dermatology* described experiments using tea tree oil and its major component, Terpinen-4-ol, on cancer cells.

The researchers used human melanoma M14 WT cells and a variant that were drug resistant (M14 ADR cells). They exposed these cells to varying concentrations of tea tree oil and Terpinen-4-ol. The results showed that concentrations of 0.02% and 0.03% strongly inhibited growth of the cancer cells. In fact, growth in the drug resistant cells were more strongly inhibited.

Concentrations of tea tree oil starting at 0.01% also showed strong apoptosis (cell death) of the cancer cells. The authors conclude that, "Our results clearly demonstrated that TTO [tea tree oil] and terpinen-4-ol are able to interfere with the growth of human melanoma cells stimulating programmed cell death..."

Benefits of Tea Tree Oil Against Fungus

An article ([Antifungal activity of the components of Melaleuca alternifolia \(tea tree\) oil](#)) in the *Journal of Applied Microbiology* described experiments involving the effects of tea tree oil and its compounds on 14 fungal isolates.

The researchers used varying concentrations of tea tree oil and major components of tea tree oil against the 14 fungal strains. They found the minimum inhibitory concentration (MIC)

which stops fungal growth, and the minimum fungicidal concentration (MFC) at which the fungus is killed.

The results showed that tea tree oil and components terpinen-4-ol, α -terpineol, 1,8-cineole and linalool had strong effects on the fungal colonies.

The authors conclude that the synergistic effect of all the components of tea tree oil, working together, make tea tree oil very effective in controlling fungus colonies. They state, "Although some of the components tested in this study are present at only very low levels in whole oil, each may contribute to total activity and attempts to eliminate components considered inactive may, therefore, be counter-productive."

Cautions

Tea tree oil should not be ingested because it may be toxic if swallowed. It should be used externally.

Benefits of Tea Tree Oil

Here is a short video describing how a the benefits of tea tree oil from the perspective of a naturopathic doctor.

Hi I'm Dr. Lin.

I'm a naturopathic doctor and I'm here today to talk about alternative medicine. As a naturopath I have two primary points of view when it comes to health, prevention over cure:

- Always try to live a healthy lifestyle.
- And second balance.

When the body and the mind are in balance we have perfect health. Today's topic is the benefits and dangers of tea tree oil.

Tea tree oil has some very important benefits and dangers associated with it.

Tea tree oil is an essential oil. And it's probably the most widely researched and used oil in the world.

Benefits of Tea Tree Oil

The reason I like tea tree oil is because it is an antiseptic and it's also an antifungal oil. Now, the benefits of tea tree oil is tea tree oil, like all essential oils, is living. It's organic. It's made up of the same molecules as you and me. So when we apply natural living organisms to our body it is much more effective for healing. It and also preventing any scarring.

Now the dangers with tea tree oil is it's, like any essential oil, it's very highly concentrated. And because it's so highly concentrated, directly on the skin it can have the counter effect and actually create burning and a bit of a rash. So you want to make sure when you use tea tree oil that you mix it with what we call a carrier oil. That would be any kind of a vegetable oil. I like grape seed oil because it tends to be very light and mixes very well with the essential oil and is a great carrier.

So take about two tablespoons of grape seed oil or any vegetable oil. Add about four drops of you of the tea tree oil. Mix it together and just rub it over the area that is that you need to heal. Keep it dry and do that a couple times a day. And you probably will find that it's very effective in healing your body.

I hope that was a great tip and I hope you guys have a great day. And I will see you soon. Bye.

Read more:
http://www.ehow.com/video_12216545_benefits-dangers-tea-tree-oil.html

Does Aromatherapy Work?

Does aromatherapy work or is this merely essential oils pseudoscience? Find out what science says about the benefits of aromatherapy.

The [National Association for Holistic Aromatherapy](#) describes aromatherapy as “the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit.”

Aromatherapy uses the natural, organic, aromatic compounds found in plant cells. These compounds are typically extracted from the plants using steam or water distillation. Each plant provides its own blend of these aromatic compounds. Some plants provide 20 or so compounds while other plants can provide 100 or more different compounds. The result of the distillation process is what’s called an essential oil.

Some of these natural compounds found in essential oils include:

- [Geraniol](#)
- [Geranial](#)
- [Menthol](#)
- [Limonene](#)
- [Linalool](#)
- [Eucalyptol](#)
- [Eugenol](#)

Essential oils have been used to improve health and mood for 6,000 years. The people of China, India, Egypt and Rome have all a long history essential oil use. These oils have positive physical and psychological benefits.

Aromatherapy Today

While doctors once took full advantage of essential oils, modern Western medicine has primarily focused on pharmaceutical drugs to manage disease. But, many doctors are reawakening to the potential of natural botanicals for maintaining and restoring health.

Aromatherapy is typically administered through inhalation or through topical application such as massage.

You inhale essential oils dispersed in the air. You can disperse several drops of the essential oil in the air around you by using a diffuser or a spray. Or you can also place a few drops of an essential oil in a bowl of hot water or a bath and breathe in the vapors.

You can also dilute an essential oil with a neutral carrier oil and apply the mixture to your skin. You add a few drops of essential oil to a carrier oil such as olive oil or jojoba oil. You can just rub this on your skin or use it as a massage oil.

How Aromatherapy Works

Essential oils are made up of aromatic compounds that usually smell good. The aroma can influence your body. But, the smell is not the major reason to use aromatherapy. Molecules of these compounds enter the blood stream where they can affect all parts of the body..

The authors of the article ([Aromatherapy On Central Nerve System \(Cns\): Therapeutic Mechanism AndIts Associated Genes.](#)) which appeared in the journal *Current Drug Targets* give us the latest thoughts about how essential oils used in aromatherapy produce their effects. They indicated that:

In contrast with current oral drugs used for the treatment of psychiatric disorders, essential oils produce pharmacologic effects, not only by the absorption through the skin and

upper respiratory tract (URT), but also via the sense of smell.

This simply means that molecules from the organic components of essential oils can

1. enter the bloodstream through the skin or via the lungs to influence various part of the body, or
2. affect the sense of smell so that aromas or scents can alter such states as alertness, relaxation and joyfulness.



Does Aromatherapy Work? What Does Scientific Research Say About Aromatherapy?

Since aromatherapy does not use pharmaceutical drugs, doctors are reluctant to use natural substances like essential oils in their treatment. Using unauthorized, alternative treatments methods could be a cause for disciplinary action. But, when

all other remedies have been exhausted, non-traditional or alternative protocols can be used.

Such is the first study here. Cancer patients on death's door are a pretty extreme case. Here cancer patients with at least 3 months to live were permitted aromatherapy massage as a way of trying to reduce their anxiety.

Does Aromatherapy Work for Cancer Patients?

An article ([Effectiveness of Aromatherapy Massage in the Management of Anxiety and Depression in Patients With Cancer: A Multicenter Randomized Controlled Trial](#)) appearing in the *Journal of Clinical Oncology* describes this study.

The study recruited 288 very sick cancer patients with an estimated prognosis of more than 3 months. Even so, 8% of these patients died during this 10 week trial. The patients had full- or borderline-case anxiety and/or depression. Of these patients, 221 completed the final assessment.

All the patients had access to psychological support services. 144 patients also participated in the aromatherapy treatment. This aromatherapy treatment consisted of 4 scheduled weekly hour-long massage sessions using 20 essential oils and massage techniques appropriate for the patient. 20 patients received only 1 aromatherapy session while the remainder received from 2 to 4 sessions.

Initially, patients participating in the aromatherapy treatments showed highly significant ($p < 0.001$) improvements compared to non-treatment patients in their anxiety or depression. Evaluation at 6 weeks (2 weeks after the end of the aromatherapy sessions) showed significantly ($p < 0.01$) more of the aromatherapy patients improvement in their anxiety or depression scores than non-aromatherapy patients.

But, at 10 weeks, the differences between the aromatherapy and non-aromatherapy patients were negligible.

The authors conclude that, “We have shown that four weekly sessions of aromatherapy massage improves clinical anxiety and/or depression experienced by cancer patients up to 2 weeks after the end of the intervention. This benefit is not, however, sustained at 6 weeks postintervention.”

Another study on cancer patients ([The ToT Study: Helping with Touch or Talk \(ToT \): a pilotrandomised controlled trial to examine the clinical effectiveness of aromatherapy massage versus cognitive behaviour therapy for emotional distress in patients in cancer/palliative care](#)) reported in the journal *Psycho-Oncology* reported on a comparison between aromatherapy massage and cognitive behavior therapy (CBT) for anxiety. Both aromatherapy and CBT were initially effective in significantly reducing anxiety. But, the effects of CBT persisted longer when it came to a 3 month followup.

The authors concluded: “ Both CBT and AM may be beneficial for anxiety in the short term, but CBT may have an advantage over AM for treating depression in the longer term.”

Does Aromatherapy Work for Cardiac Patients?

An article ([Effects of Aromatherapy on the Anxiety, Vital Signs, and Sleep Quality of Percutaneous Coronary Intervention Patients in Intensive Care Units](#)) in the journal *Evidence-Based Complementary and Alternative Medicine* describes how aromatherapy reduced anxiety levels of cardiac patients in the intensive care unit.

This study involved patients about to undergo “Percutaneous Coronary Intervention”. Most people know this by the older term of angioplasty. This is where a stent is inserted through a thin flexible tube into the heart to open up blood vessels in the heart.

Patients about to undergo this procedure are in the intensive care unit (ICU) of the hospital for examinations and a variety of testing procedures. They have typically experienced a heart

attack with severe chest pain. They are now separated from their families and in unfamiliar surroundings. Their level of psychological stress is high. Their stress, anxiety and insomnia can cause further heart damage, arrhythmia, and complicate their treatment and recovery.

Because aromatherapy has been shown to reduce stress and anxiety and improve sleep quality in various patients in other situations (cancer, dialyses, colonoscopy), this study assessed the value of aromatherapy in patients about to undergo stent insertion.

The experiment involved 28 patients in the aromatherapy group and 28 patients receiving traditional treatment.

The study tested the effect of a blend of lavender, roman chamomile, and neroli oil on anxiety, sleep, and blood pressure. The oils were blended at a ratio 6 : 2 : 0.5 as prescribed by an aromatherapist. Lavender reduces heart stimulation and lowers blood pressure; chamomile is calming and helps relieve stress and anxiety; neroli is calming and helps treat insomnia.

The aromatherapy group breathed in the vapors of two drops of the blend both before and after their procedure. And, an aroma scented "stone" was placed under the patient's pillow until the morning after the procedure.

The results showed a very significant ($p < 0.001$) reduction in anxiety and improvement in the sleep scores in the aromatherapy group compared to the control group. There was no significant difference in blood pressure due to aromatherapy.

The authors concluded that "aromatherapy reduced anxiety, increased sleep, and stabilized the BP of patients undergoing cardiac stent insertion."

Does Aromatherapy Work for the Immune System?

An article ([Immunological and Psychological Benefits of Aromatherapy Massage](#)) appearing in the journal *Evidence-Based Complementary and Alternative Medicine* described an experiment to examine aromatherapy's effects on the immune system.

The experiment used subjects who experienced massage with both a carrier oil (sweet almond oil) alone or with the carrier oil with essential oils (lavender oil, cypress oil and sweet marjoram oil).

A skilled massage therapist massaged the back, shoulders, arms, hands, lower legs and feet of the subjects for about 20 minutes during each massage session. The subjects were tested and gave blood and saliva samples before and after the massage sessions.

The results showed that the stress and anxiety scores dropped after massage for both the aromatherapy group and the control massage with carrier oil only group. The CD8⁺ cells and CD16⁺ cells significantly increased after the aromatherapy massage but not after the control massage.

CD8⁺ cells (also called cytotoxic T cells) and CD16⁺ cells (human monocytes) are components of the immune system. The authors conclude that, "These results suggest that aromatherapy massage is a valuable relaxation technique for reducing anxiety and stress, and beneficial to the immune system."

Does Aromatherapy Work? More Clinical Studies Planned

The evidence indicates that aromatherapy is not simply essential oils pseudoscience. There is growing interest in aromatherapy within the medical community. This is evidenced by the results of clinical studies and the large number of

clinical studies planned using aromatherapy. Here are a few such studies being planned as of this writing.

- [Aromatherapy as Treatment for Nausea and Vomiting of Pregnancy](#)
 - [Investigate the Efficacy and Effectiveness of Aromatherapy for the Management of Behavioral and Psychological Symptoms of Dementia](#)
 - 3. [Investigate the Efficacy and Effectiveness of Aromatherapy for the Management of Chronic Pain](#)
 - [Aromatherapy for Integrated Cancer Care](#)
 - [Assessment of the Aromatherapy to Alleviate Peri Operative Anxiety in Ambulatory Elective Upper Limb Surgery Under Loco-regional Anesthesia \(AROMA\)](#)
 - [Aromatherapy in Management of Postoperative Nausea in Post-Bariatric Surgery Patients](#)
 - [Aromatherapy for Chemotherapy-induced Symptoms](#)
 - [Aromatherapy Randomization of Pain Management in Adults \(AROMA\)](#)
-

Benefits of Geraniol

Medicinal benefits of geraniol, found in natural plant essential oils, have been used for many common health conditions. Geraniol is an antioxidant, an anti-inflammatory agent, antibacterial and antiseptic, and has analgesic properties to relieve pain. It is a natural insect repellent. It helps prevent certain types of cancers and inhibits cancer cell growth.

Due to its sweet rose aroma it is often used in the fragrance industry. It is also used as a flavor enhancer in candy, ice cream, bakery products and cigarettes.

Geraniol is found in significant quantities in:

- [Geranium oil](#)
- Palmarosa oil
- Citronella oil
- Rose oil

Research Confirms the Benefits of Geraniol

Here are just a few research studies that confirm the benefits of geraniol in human health.

Benefits of Geraniol: Controls Bacteria Growth

An article ([Antibacterial effect of some essential oils administered alone or in combination with Norfloxacin](#)) appearing in the journal *Phytomedicine* demonstrated that reduced levels of the antibiotic Norfloxacin can be used to stop the growth of several bacteria when used in combination with geraniol.

The problem with antibiotics is that, while they stop the growth or kill bad bacteria, they also harm good bacteria in the gut's microbiome. In addition, antibiotics such as Norfloxacin have additional side effects such as headache, abdominal pain, vomiting and systemic toxicity. Any way to reduce the amount of antibiotics taken and still be effective against the bad bacteria would be helpful.

The researchers used various concentrations of Norfloxacin and geraniol (as well as other compounds) against 5 common bacterial strains. They found that a significantly reduced amount of antibiotic was needed when used in combination with geraniol in order to control bacteria growth.

Another study ([Geraniol Restores Antibiotic Activities against Multidrug-Resistant Isolates from Gram-Negative Species](#)) reported in the journal *Antimicrobial Agents and Chemotherapy*

reports that geraniol was very effective in restoring antibiotic susceptibility (with Ampicillin, Penicillin, and Norfloxacin) in a strain of otherwise resistant gram-negative bacteria.

Benefits of Geraniol: Makes Chemotherapy More Effective

An article ([Geraniol, a Component of Plant Essential Oils, Sensitizes Human Colonic Cancer Cells to 5-Fluorouracil Treatment](#)) appearing in the *Journal of Pharmacology and Experimental Therapeutics* reported on the effectiveness of geraniol and chemotherapy.

Colorectal cancer cells (Caco-2) were cultured in 1 Petri dishes. They were treated with a chemotherapy drug 5-Fluorouracil (5-FU) alone, geraniol alone, and 5-Fluorouracil in combination with geraniol.

Cancer cells normally get their energy from sugars. The addition of geraniol to the Caco-2 cells inhibited the increase in sucrase activities by 90% and lactase activities by 70%.

The effects of the chemotherapy drug 5-Fluorouracil was greatly enhance when combined with geraniol. 5-Fluorouracil alone produced a 25% cell loss. But in combination with geraniol the cell loss was 55%.

Another trial showed that to achieve a 50% cell loss 25 μM (a concentration of 25 micro-Moles) of 5-Fluorouracil alone was required. But, in combination with geraniol, only 1 μM of 5-Fluorouracil was required.

The authors conclude that “the combination of geraniol and 5-FU may offer a promising approach for optimizing the treatment of colorectal cancer.”

Benefits of Geraniol: Repels Mosquitoes



Photo by [Oregon State University](#) 

An article ([Efficacy of the botanical repellents geraniol, linalool, and citronella against mosquitoes](#)) in the *Journal of Vector Ecology* describes testing several substances against mosquitoes.

While DEET is the most popular insect repellent, this synthetic mosquito control compound can produce toxic reactions in certain people. This research investigated various naturally occurring organic substances for their effect in candle or diffuser form both indoors and outside on mosquitoes.

For this series of indoor experiments, *Aedes aegypti* mosquitoes were bred and used. In the indoor trials the exposed legs (from knee to ankle) of the authors were used as the test area. Other skin areas were covered by clothing. Before each trial, the exposed skin was cleaned with 70% isopropyl alcohol. 200 *Aedes aegypti* female mosquitoes were released in a sealed area and allowed to disperse. A candle or diffuser was placed on one chair in the room and an author with leg exposed sat in another chair and “landings” were counted.

For diffusers, all provided highly significant protection from feeding attempts compared to the control (1,103 feeding attempts). Both geraniol (38 feeding attempts) and linalool

(74 feeding attempts) provided significantly more protection ($p < 0.05$) than citronella (355 feeding attempts) equipped units. The geraniol candle also provided the maximum protection. In the outdoor tests, the range of the repellents was determined. Diffusers were hung on tripods in a square. Lentek MK01 Mosquito Trap was placed in the center of the square. These operated from an hour before sunset to an hour after sunrise. The number of mosquitoes caught in the trap determined how repellent the substances in the diffusers were. Outdoors, geraniol, linalool, and citronella significantly reduced mosquito capture in the central area. Again, geraniol worked best, reducing the number of mosquitoes caught by 90.5% compared to linalool's 88.4% or citronella's 65.6%. The authors conclude that "geraniol repelled significantly more mosquitoes than citronella or linalool, both indoors... and outdoors."

Continuing Research on the Benefits of Geraniol

Additional research on the benefits of geraniol continues. At this time several additional studies are planned including:

- [Lipid-lowering Effects of Gefarnate in Statin-treated Coronary Heart Disease Patients With Residual Hypertriglyceridemia](#) (Geraniol is the main components of Gefarnate Tablets which are used for anti-ulcer and gastritis treatment)
 - [Impact of AV2 Antiviral Drug on the Treatment of HPV-associated Lesions of the Uterine Cervix \(KINVAV\)](#) (The virucide AV2 spray a mixture of natural essential oil components: Carvone, Eugenol, Geraniol, Nerolidol)
-

Benefits Of Geranium Essential Oil

Benefits Of Geranium Essential Oil include reducing inflammation and muscle pain, uplifts mood and balances hormones, reduces anxiety, antiseptic for wound healing, reduces blemishes and acne, increases urination to help flush out toxins, and repels bugs.

Geranium essential oil is extracted by steam distillation from the stems, leaves and flowers of the perennial geranium plant. There are 200 species, often called geraniums, pelargoniums, or storksbills. But the species *pelargonium graveolens*, also called Rose Geranium, is the primary species used for geranium essential oil. The oil produced has a sweet, fresh lemon scent. When obtained from older leaves that have changed color the scent changes slightly to include a rose fragrance.

The oil has been used for millennia. Records show the upper class in ancient Egypt to enhance and beautify their skin and to reduce anxiety. Ancient ruins in Rome showed tubs of geraniums. Dutch traders brought rose geranium to Europeans from Africa in the 1600s.

The medicinal benefits of geranium essential oil come from the organic compounds that make up the essential oil. Several studies have examined the oil to identify these compounds. Here is one:

An article ([Biomass yield, essential oil yield and essential oil composition of rose-scented geranium \(Pelargonium species\) as influenced by row spacings and intercropping with cornmint](#)) appearing in the journal *Industrial Crops and Products* described experiments to determine how crop yield varied with geranium plant spacing and planting other crops between geranium plants. The results showed that closer spacing of

geranium plants produced taller plants (they grew tall to compete for sunlight) and significantly higher yields of biomass and essential oil.

The composition of the geranium essential oil samples was analysed with a gas chromatograph and mass spectrometer and found not to differ significantly between the various crop spacings nor the use of intercrops. The major (presence < 1%) organic compounds found in the geranium essential oils and their percent composition ranges are as follows:

- [Geraniol](#) (27.3 – 28.0%)
- Citronellol (24.4 – 25.6%)
- [Linalool](#) (13.0 – 13.3%)
- 10-epi- γ -Eudesmol (5.6 – 5.9%)
- Citronellyl formate (4.0 – 4.8%)
- Geranyl formate (3.1 – 3.5%)
- Geranyl tiglate (2.1 – 1.7%)
- Citronellyl tiglate (1.9 – 2.0%)

Cautions

As with all oils, geranium essential oil should be diluted with a carrier oil (like jojoba, olive or sweet almond oil) before being applied to the skin. It's always best to test the oil on a small patch of skin to make sure you are not allergic to the oil.

Since the oil has not been clinically tested with pregnant and nursing women, pregnant or nursing women should avoid this essential oil. Also, do not use with babies or young children.

Do not take geranium essential oil internally without the supervision of a health professional.

Benefits Of Geranium Essential Oil

Not surprisingly, Geranium-oil is very popular in aromatherapy

and herbal medicine for its health benefits, especially concerning skin health and emotional well-being.

Check out these 5 Reasons You Need a Bottle of Geranium Essential Oil in Your Home.

Benefits Of Geranium Essential Oil: Relieve Stress and Fatigue

Inhaling the sweet aroma of Geranium-oil can uplift your spirits, reduce fatigue, and provide a sense of happiness and wellbeing. It has a positive effect on the body and mind, and you can enjoy this feeling with just a drop or two of this powerful-oil.

Whenever you feel stressed or depressed, or simply need a pick-me-up, take a drop of oil in one palm and rub the palms together. Open the palms over your nose and inhale deeply. It will instantly energize you and put you in a happy-mood. You can also diffuse 2-3 drops of the oil in an essential-oil-diffuser.

Benefits Of Geranium Essential Oil: Stem Bleeding from Wounds

Geranium-oil can be used to stop bleeding from cuts and wounds. When applied topically diluted in a carrier-oil, the oil contracts the blood vessels and promotes blood-clot formation to seal them off. This helps control blood-loss not only from wounds but from bleeding hemorrhoids. The strong antimicrobial property of the essential-oil of Geranium can protect you from pathogens and infectious diseases. It is particularly effective as an antiseptic for disinfecting cuts and wounds on the skin. When applied to scrapes and cuts, it stops the bleeding quickly.

Benefits Of Geranium Essential Oil: Excellent for Skin Care

Your skin cells are continually shed and replaced with new-

cells, but age and certain disease conditions slow down this process. Geranium-oil promotes cell-regeneration, ensuring the skin gets renewed regularly. By increasing collagen, the connective tissue protein underlying the skin, it helps maintain the smoothness and elasticity of the skin.

Add a few drops of the oil to your regular skin lotion or a carrier oil. Apply it regularly as part of your skin care regimen.

Benefits Of Geranium Essential Oil: Hormone Balancing Effect

Geranium-oil has a tonic effect on the body, regulating endocrine function and improving overall well-being in general. Because of this, the essential-oil has a positive-effect on several organ systems, including the respiratory and circulatory-systems. Inhaling the aromatic vapors can provide relief from physical and mental exhaustion. It also regulates the production of stomach-acids and other digestive enzymes, improving digestion and absorption of nutrients.

Benefits Of Geranium Essential Oil: Increase Mental Function

Along with the stress-busting action of Geranium oil, it can improve your mental functioning, and may help prevent neurodegenerative diseases like Alzheimer's. The presence of a toxic deposit called amyloid plaques in the brain tissue is a marker of the neurodegenerative Alzheimer's disease. Chronic inflammation resulting from its presence inflicts further damage on the brain tissue and drives the rapid progression of the disease.

Geranium oil is capable of reducing inflammation in the brain by interfering with the production of pro-inflammatory substances. Inhaling Geranium oil vapors have been found to be beneficial for increasing cognitive function and slowing down cognitive decline in Alzheimer's patients.

Image Sources/credit

www.wikihow.com

canstockphoto.com

www.pixabay.com

Pinterest.com

Benefits of Frankincense Essential Oil

Benefits of Frankincense Essential Oil include anti-inflammatory properties to open up breathing, antiseptic properties to heal wounds, treat infections and clean up acne and other blemishes, cancer fighting properties, improves sleep quality, digestive relief, itching relief, and boosts the immune system.

Frankincense essential oil comes from a group of trees on the genus *Boswellia*. There are three main species that are used to produce frankincense oil:

- *Boswellia Carterii*
- *Boswellia Frereana*
- *Boswellia Serrata*

These species have similar therapeutic and aromatic (a sweet, woody scent) qualities. They grow natively from northeast Africa to India.

To get the oil, gatherers first make incisions in the trunks of the trees and collect the sap. This hardens into an orange-brown resin that is called frankincense (or the Arabic name, olibanum). This hard resin is then subjected to steam distillation to obtain the essential oil.

Frankincense has been used for thousands of years. Numerous references are made in the Old Testament and other ancient texts indicating the frankincense was widely used. The ancient Egyptians used frankincense as a fumigant and in the embalming process. Wise men from the East also brought frankincense to the baby Jesus.

In an article ([Volatile composition and antimicrobial activity of twenty commercial frankincense essential oil samples](#)) appearing in the *South African Journal of Botany* reports on the investigation of 20 commercially available frankincense oil preparations obtained from herbal shops and pharmacies. This should be important to you because the chemical composition of the frankincense essential oil you purchase will determine its pharmacological activities (what it can do for you).

The researchers analyzed the samples using gas chromatography coupled to a mass spectrometer with other equipment. This enabled them to identify the compounds and their percentage composition. The results showed that the major components of frankincense essential oil and the range of their composition to be as follows:

- α -pinene (2.0–64.7%)
- myrcene (1.1–22.4%)
- sabinene (0.5–7.0%)
- β -caryophyllene (0.1–10.5%)
- [limonene](#) (1.3–20.4%)
- α -thujene (0.3–52.4%)
- p-cymene (2.7–16.9%)
- β -pinene (0.3–13.1%)
- β -caryophyllene-oxide ($\leq 6\%$)
- α -Copaene ($\leq 4.5\%$)
- α -humulene ($\leq 4.5\%$)
- δ -cadinene ($\leq 4.5\%$)

At this time there is no agreed upon industry standard on the

composition of frankincense oil. So, you must judge the quality of the oil supplied by how it affects you. This will remain a problem until there is agreement among the main suppliers of the oil.

Cautions

Taking frankincense essential oil internally may be toxic and isn't recommended.

Frankincense essential oil may cause skin irritation. Test frankincense essential oil on a small skin patch before using it in a general massage.

Pregnant or nursing women and children should use frankincense essential oil only after consulting their health care providers.

Something that has been used for thousands of years in the realm of therapy and healing is aromatherapy; particularly, the use of essential oils. Essential oils are made from leaves, stems and roots of plants that are well-known for having health benefits. You may have heard of the essential oil frankincense, but do you know what it is or what benefits it holds?

This popular aromatherapy ingredient is used in cosmetics and in incense burners across the world.

Frankincense has many other properties that you can benefit from:

Benefits of Frankincense Essential Oil: Vulnerary – Wound Healing

When diluted, frankincense can be used on cuts and wounds to heal your injuries faster, as well as protect them from infection. Frankincense can even heal internal wounds by ingesting the oil.

Frankincense Essential Oil for Respiratory Issues

Frankincense can help soothe a bothersome cough and rid your body of phlegm. It can relieve congestion and help to relax your breathing passageways. Therefore, frankincense can reduce asthma attacks and boost your immune system with its antiseptics.

Benefits of Frankincense Essential Oil: Astringent – Contraction of Body Tissues

Frankincense oil has many cleaning properties that can be used to clean and strengthen the roots of your hair, lift your skin, strengthen your gums, and contract your muscles, intestines, and blood vessels.

Benefits of Frankincense Essential Oil: Immune System

Frankincense is very effective in killing germs. The smoke and fumes from burning the frankincense plant can even kill germs and disinfect the air where it touches.

Benefits of Frankincense Essential Oil: Carminative – Relieves flatulence

Frankincense can even help to remove gas from your body and prevent it from building up in the first place. When gas is removed from your intestines, you will also experience relief in stomach issues such as indigestion, uneasiness, abdominal pain, and excessive sweating.

Frankincense Essential Oil as a Tonic – Gives a Feeling of Vigor or Wellbeing

Frankincense oil is considered a tonic, as it tones and increases your overall health. All your major systems within your body benefit from this essential oil, including the digestive system, excretory system, respiratory system, and the nervous system.

Benefits of Frankincense Essential Oil: Cicatrisant – Cell Regenerative

Frankincense oil is especially helpful in skin health and anti-aging properties. When applied to the skin, or inhaled, frankincense can fade scars, boils, acne, and pox quickly.

Frankincense Essential Oil for Digestion

This essential oil can even help in the way your body's digestive system works without any ill side-effects. Frankincense speeds up the release of gastric juice, bile and acids in your stomach and helps to move food throughout your intestines.

Frankincense Essential Oil for Oral Health

The same characteristics of frankincense that keep your body free of infection can even help in your oral health. It can fight bad breath, mouth sores, toothaches, cavities, and any other oral infections.

Frankincense Essential Oil for Emmenagogue – Increases Menstrual Flow

Frankincense oil can help to delay menopause from occurring. It can even help to reduce symptoms of menses and Post-Menstrual Syndrome. These can include: nausea, fatigue, mood swings, and pain in the abdominal region.

Frankincense Essential Oil for Anti-Aging

Frankincense helps with creating healthy cells within your body, as well as keeping the existing cells and tissues healthy.

Frankincense Essential Oil as a Diuretic

Since frankincense oil increases your urination and helps you to lose water weight, it is a great diuretic. It also helps rid your body of fat, sodium, uric acid, and other toxins, all

while lowering your blood pressure. Again, this oil provides these benefits without any ill side-effects.

Frankincense Essential Oil for Stress and Anxiety

Frankincense oil even provides you with a feeling of peace and relaxation. Therefore, it is very helpful in treating stress and anxiety. It can even help you to become more insightful.

Frankincense Essential Oil for Uterine Health

A little-known fact about frankincense is that it can help your body to produce estrogen. It also can decrease the chances of tumors or cysts from forming in your uterus. Therefore, it is an effective tool against uterine cancer.

Other Benefits

Frankincense can help with pain and discomfort caused by arthritis. It can also heal wounds, boils, acne, insomnia, circulation issues and other types of inflammation.

It is important to note that frankincense essential oil should not be used at any point during pregnancy, as it acts as an emmenagogue and an astringent.

Disclaimer: The materials and the information contained on Natural Cures channel are provided for general and educational purposes only and do not constitute any legal, medical or other professional advice on any subject matter. These statements have not been evaluated by the FDA and are not intended to diagnose, treat or cure any disease. Always seek the advice of your physician or other qualified health provider prior to starting any new diet or treatment and with any questions you may have regarding a medical condition. If you have or suspect that you have a medical problem, promptly contact your health care provider.

Images licensed under CC:

www.pixabay.com

www.flickr.com

www.pexels.com

en.wikipedia.org

commons.wikimedia.org

www.publicdomainpictures.net

Some images downloaded from shutterstock.com.

Benefits of Patchouli Essential Oil

Benefits of Patchouli Essential Oil include promoting sleep, boosting the immune system, repelling insects, regulating oily skin and acne, reducing inflammation, helping balance emotions, promotes healing, and acting as an aphrodisiac by stimulating sex hormones.

Patchouli essential oil comes from the lightly fragrant leaves of a bushy tropical perennial evergreen bush (*Pogostemon cablin*) growing several feet in height. The plant originally comes from the Southeast Asian countries of China, Malaysia, Indonesia and the Philippines. It typically grows at altitudes of 800-1000 feet above sea level in warm and humid climates. Most of patchouli essential oil now comes from Java and China.

It has long been a part of Asian medicine. The Romans used patchouli oil to stimulate the appetite.

The leaves are partially dried in shade and allowed to ferment for several days. The oil is extracted using steam distillation or CO₂ extraction.

Aromatherapy and Cosmetics Uses

It has a pleasant, earthy, woody aroma that is often used in soaps, body lotions, incense and cosmetics.

Therapeutic applications often make use of its antidepressant, antiseptic, aphrodisiac, fungicide, insecticide, sedative, and astringent properties. It is used in Japan and Malaysia as a snakebite venom antidote.

Benefits of Patchouli Essential Oil Come From its Organic Compounds

It's varied properties come from the organic chemical compounds found in the oil. An article ([Comparison of extraction of patchouli \(*Pogostemon cablin*\) essential oil with supercritical CO₂ and by steam distillation](#)) in *The Journal of Supercritical Fluids* describes the organic compounds in patchouli essential oil. The researchers used different extraction temperatures and pressures to obtain samples of the oil. They used a gas chromatograph to determine the chemical composition for each sample. A list of the ranges found for major components (with a presence greater than 1%) is as follows:

- Patchoulol (12.93 – 31.39%)
- α -Guaiene (13.38 – 24.16%)
- δ -Guaiene (15.55 – 23.3%)
- α -Patchoulene (4.80 – 6.21%)
- β -Patchoulene (1.62 – 3.26%)
- β -Caryophyllene (3.13 – 5.85%)
- α -Selinene (0.21 – 3.9%)
- Seychellene (1.72 – 3.3%)
- β -Elemene (0.5 – 1.8%)

As you can tell, the exact proportions of the compounds in the oil vary depending on how the oil is extracted. Try several brands of this oil to see which gives you the best results.

Cautions

Patchouli essential oil is generally regarded as safe.

Benefits of Patchouli Essential Oil

Here are some of the best ways to make use of the benefits of patchouli essential oil.

Patchouli is steamed distilled from the rich, green leaves of the Patchouli bush, and has a rich, earthy, woody scent. It is great for meditation, relaxation, and reducing nervous tension and worry.

Benefits of Patchouli Essential Oil for Men

Patchouli is an excellent fragrance for men's products and can help combat odors.

Also, when used in skincare products, Patchouli can help reduce the appearance of wrinkles, scars, and blemishes.

Our best ways to use Patchouli are:

Benefits of Patchouli Essential Oil for Odor Control

First, use Patchouli to help combat shoe odor by adding 2 drops of Patchouli to 2 tablespoons of baking soda. Mix that together and then sprinkle into stinky shoes. It really helps remove foot odor.

Benefits of Patchouli Essential Oil for Centering You Mind

Another way to use Patchouli is in a yoga mat spray – to help feel grounded and centered.

Benefits of Patchouli Essential Oil for Blemish Control

But perhaps our favorite way to use Patchouli is in a DIY balm for reducing the appearance of scars and skin blemishes.

As mentioned, Patchouli is a favorite among men for its rich, woody, earthy scent. Here is an easy DIY aftershave recipe that not only will HE enjoy, but so will you. For this recipe you will need:

A glass bottle or container

4 oz Grapeseed Carrier Oil ► <http://bit.ly/2pgzJQu>

1 oz Meadowfoam Carrier Oil ► <http://bit.ly/2tQpfwW>

1 tablespoon glycerin (optional) -for extremely dry skin)

15 drops Lime Steam Distilled ► <http://bit.ly/2FV6WeI>

8 drops Cedarwood Texas ► <http://bit.ly/2HzIk8P>

7 drops Patchouli ► <http://bit.ly/2GqLTP0>

Mix all ingredients together. Rub a dime size amount between your palms and apply to the face after shaving. Store any unused portion in the glass bottle or container, in a cool, dry place.

Patchouli has been used around the world for centuries. It's a versatile oil that you'll definitely want to always have on hand.

| Stay Connected with Plant Therapy |

Plant Therapy Blog ► <http://bit.ly/2yb4fkW>

Facebook ► <http://bit.ly/2kBeQAt>

Twitter ► <http://bit.ly/2yULWxt>

Instagram ► <http://bit.ly/2zaNHYD>

Pinterest ► <http://bit.ly/2yUCjiD>

For a good background on the benefits of patchouli essential oil read this article ([An introduction to patchouli \(Pogostemon cablin Benth.\) – A medicinal and aromatic plant: It's importance to mankind](#)) from the *Agricultural Engineering*

Medicinal Benefits of Geranial

Medicinal benefits of Geranial include relieving migraine headaches, being a very effect anti-inflammatory and anti-fungal agent, and stimulating the immune system.

Geranial is a chemical compound found with neral in essential oils. These compounds are very similar in effect but have slightly different structures. Combined, they are called citral. Geranial is often called citral-A.

Geranial has a stronger lemon aroma than neral.

Medicinal Benefits of Geranial

Scientific research has investigated geranial and found a number of healthful properties. Here are a sample of published research reports about the benefits of geranial.

Anti-inflammatory: Medicinal Benefits of Geranial

Excessive inflammation can cause several inflammatory diseases. These include chronic hepatitis, rheumatoid arthritis, atherosclerosis, and even inflammatory brain disease. So controlling inflammation is an important function of essential oils.

An article ([Suppression of allergic and inflammatory responses by essential oils derived from herbal plants and citrus fruits](#)) in the *International Journal of Molecular Medicine* described a study of the anti-inflammatory activities of 20

essential oils. The study then examined the components of the most effective anti-inflammatory oil.

The researchers examined the effects of each essential oil in both rats exposed to an irritant and in cultures grown in the laboratory. They found lemongrass essential oil to be the most effective anti-inflammatory.

The major components of lemongrass essential oil are geranial (40.16%) and neral (34.24%). These two compounds differ in the 3-dimensional arrangement of their atoms, but otherwise are very similar. Together they are called citral.

Testing showed that geranial was the most effective anti-inflammatory compound in lemongrass essential oil. The authors conclude by indicating that citral and geranial are promising anti-inflammatory agents.

Antifungal: Medicinal Benefits of Geranial

An article ([Antifungal Activities of the Essential Oils in *Syzygium aromaticum* \(L.\) Merr. Et Perry and *Leptospermum petersonii* Bailey and their Constituents against Various Dermatophytes](#)) in *The Journal of Microbiology* shows the antifungal properties of geranial.

In this experiment 5 strains of fungal growths were incubated in Petri dishes. These growths were exposed to certain essential oils at concentrations of 0.05, 0.1, 0.15, and 0.2 mg/ml. In addition, components of the oils (citronellal, neral, and geranial) were applied to fungal growths.

The results showed that geranial had the most dramatic effect against fungal growths. The authors conclude that “the antifungal properties of LPO [lemon-scented tea tree oil] against TM, MC, and MG [strains of fungi] may likely be attributed to the effects of geranial.”

Immune System Stimulation: Medicinal Benefits of Geranial

An article ([Immunomodulatory activity of geranial, geranial acetate, gingerol, and eugenol essential oils: evidence for humoral and cell-mediated responses](#)) in the journal *Avicenna Journal of Phytomedicine* described the effects of geranial on the formation of antibodies in rats.

In this study seven groups of rats were used. The rats were given various amounts of several compounds orally over a period of 15 days. One group received a placebo. Another group received a standard drug (Cyclophosphamide) that slows cell growth. The other groups receive 5 different dose levels (from 50 to 800 mg/kg) of the test substance (including geranial).

Researchers “challenged” the rats with red blood cells from sheep on day 7 by injection in the right hind foot pad. Injection of foreign red blood cells will cause inflammation. Researchers measured the thickness of the foot pad before the injection and on day 15. Blood from the rats was withdrawn on day 14 and analyzed for antibodies.

The results showed a significant dose related increase in response to the foreign sheep red blood cells for all test substances (including geranial). The authors concluded that the compounds from plant essential oils had “significant immunostimulant activity” because they were able to “enhance the proliferation of lymphocytes [which help fight diseases or foreign invaders].”

Migraine: Medicinal Benefits of Geranial

An article ([Lippia alba \(Mill.\) N. E. Brown hydroethanolic extract of the leaves is effective in the treatment of migraine in women](#)) in the journal *Phytomedicine* describes treating women with recurring migraine headaches. The authors previously showed that extracts of the plant *Lippia alba* (bushy matgrass) containing primarily geranial and carvenone

were effective in reducing the intensity and frequency of headaches.

This study worked with 21 women with a clinical diagnosis of migraine. The researchers initially assessed the frequency and severity of the patients migraines. They used the [HIT-6](#) and [Migraine Disability Assessment Test](#) questionnaires.

In this experiment, the patients took one drop of tincture of *Lippia alba* per kilogram of body weight per day, twice a day. Then patients continued to take other medicines (such as analgesics or NSAIDs) when needed. The experimental treatment continued for 60 days.

After 60 day the researchers again assessed the frequency and severity or the patients migraines. The results showed:

- very significant ($p < 0.001$) reduction in the HIT-6 scores (from an average of 64 to 59)
- very significant ($p < 0.001$) reduction in missed days of work or school (from 19 to 5)
- significant ($p = 0.03$) reduction in perceived pain (from 7 out of 10 to 6 out of 10)

The authors conclude that the tincture of *Lippia alba* containing primarily geranial and carvenone “is effective in controlling both symptoms and impact of migraine in women.”

Summary

A number of essential oils contain citral which is a combination of Citral A (or Geranial) and Citral B (or Neral). Geranial has the stronger lemon aroma and has many medicinal benefits. You can find citral in several lemon-scented essential oils, especially litsea cubeba (mountain pepper), lemongrass, lemon myrtle, lemon teatree, and melissa (lemon balm).

Research studies have shown geranial is an effective anti-

inflammatory and anti-fungal agent, it stimulates the immune system and can help relieve migraine headaches.

Benefits of Ylang-Ylang Essential Oil

Benefits of ylang-ylang essential oil include its anti-inflammatory effects, antioxidant protections, relaxing effects, reduces tension and anxiety, antimicrobial protection, and insect repellent properties.

Ylang-ylang (*Cananga odorata*) is a tree that is native to tropical Asia. It is found in the Philippines, Malaysia, Indonesia and areas around the Indian Ocean.

Yland-ylang is important in a number of industries including fragrance, food, and natural healing. Traditionally, ylang-ylang has been used to treat malaria, stomach conditions, asthma, rheumatism, gout, depression, hypertension, and anxiety.

Current Research

Modern clinical research has shown a number of important uses for ylang-ylang essential oil. One study showed the the oil attacks the biofilm viruses often use for protection. Other studies have shown that is helps reduce both systolic and diastolic blood pressure in hypertensive patients. Other studies have shown the oil increases the alpha 1 brain waves which may account for its relaxation and stress reduction effects.



Photo by [Zaggy J.](#) 

The oil is extracted from the star-shaped flowers of the plant primarily through steam distillation. The following research report indicates that the distillation time seems to be very important in determining the composition of the ylang-ylang oil.

An article ([Improvement of Ylang-Ylang Essential Oil Characterization by GC×GC-TOFMS](#)) in the journal *Molecules* describes the investigation of the chemical components of ylang-ylang essential oil. The study noted that the amount of the various organic chemical components in ylang-ylang oil depended on the distillation times. Differing distillation times produce different grades of oil that have different commercial applications. There were 96 different organic compounds found in these samples.

The major organic components (having > 1% presence) found in samples (distilled from 25 minutes to 8 hours) of ylang-ylang oil and their ranges are:

- benzyl acetate (0.07 – 27.48%)
- [linalool](#) (0.34 – 8.95%)
- sesquiterpene (MW 204) (0.0 – 7.48%)
- methyl benzoate (0.69 – 6.05%)
- 3-methyl-3-buten-1-ol acetate (0.22 – 2.16%)
- neryl acetate (0.21 – 2.74%)
- 3-methyl-2-butenyl acetate (0.3 – 4.24%)
- germacrene-D (0.0 – 2.76%)
- β -ylangene (0.73% – 1.71%)
- (E,E)- α -farnesene (1.62 – 10.1%)

- aromandendrene (0.06 – 1.53%)
- cinnamyl acetate (0.9 – 1.59%)
- [1,8-cineole](#) (0.22 – 1.11%)
- α-cadinol (0.07 – 1.52%)
- γ-cadinene (trace – 2.14%)
- τ-muurolol (0.06 – 4.43%)
- (2Z,6Z)-farnesol (0.09 – 1.43%)
- (2E,6E)-farnesyl acetate (0.05 – 2.05%)
- benzyl salicylate (0.21 – 4.18%)
- (2E,6E)-farnesyl acetate (0.05 – 2.05%)

As you can see, there can be a great variety in ylang-ylang oils. The best idea is to try several brands and stick with the brand that works best for you.

Cautions

Ylang-ylang may cause a deeply relaxed effect. So, don't use this oil when you plan to use power tools or drive a car. It decreases alertness, so do not use this oil when you are studying, taking a test, or otherwise when you need to concentrate or be attentive. Excessive use may cause nausea or headaches.

Benefits of Ylang-Ylang Essential Oil

There are a number of benefits of ylang-ylang essential oil you should know about. Here are a few popular ways the oil is used.

Here in this video we are going to discuss about the benefits of Ylang-Ylang Essential Oil for Hair, Face, Skin and its uses. Ylang-ylang is a tree which grows in central Asia and south pacific islands especially in the rain forests areas of these regions. The oil of ylang-ylang is extracted from the greenish yellow flowers and is used in many hair and skin products for its protective properties. The flower oil is also

used in perfumes because of their distinctive fragrance. Ylang-ylang oil can also be consumed as a flavorful tea for curing many health problems. This article lists 10 important health benefits of ylang-ylang oil.

1. Benefits of Ylang-Ylang Essential Oil as an Antidepressant

Ylang-ylang essential oil has sedative properties which help in relaxing, uplifting the mood and bringing back the feelings of joy and happiness in an individual. Inhaling the oil helps in fighting against depression, anxiety and sadness because it has a very calming fragrance. Even applying few drops of this oil on the back of the neck can immediately relieve stress.

2. Hair loss

Stress is one of the major reasons for hair loss which can cause embarrassment and low self esteem. Ylang-ylang oil is effective natural oil that helps in reducing hair loss caused due to stress. The beauty of this oil is that when it is massaged into the hair, it stimulates the follicles and speeds up the hair growth process. Using this oil is a natural way to treat hair thinning problem too.

3. Hair Conditioner

Ylang-ylang oil is an excellent treatment for dry scalp and brittle hair. Adding just a few drops of oil works as a natural conditioner as it increases the production of sebum keeping the scalp healthy and conditioned. Another benefit of this oil is it prevents split ends and damage to the hair if the oil is used regularly.

4. Insect Repellent

This amazing ylang-ylang oil is a very good natural alternative to treat insect bites. The oil can also kill the eggs of insects especially the mosquitoes which are a carrier of deadly diseases such as dengue and malaria.

5. Benefits of Ylang-Ylang Essential Oil as an Antiseptic

Ylang-ylang oil speeds up the healing process of wounds like

burns and cuts. If the wounds are left untreated then it can get worse and lead to complications because of septic and bacterial infections. Applying this oil on wounds acts as an antiseptic which protects from any kind of infections like bacteria, virus and fungus.

6. Benefits of Ylang-Ylang Essential Oil for Hypertension

Hypertension is caused when the force of blood against the artery walls is high and when the arteries are narrowed down then the heart pumps more blood which leads to high blood pressure. Ylang-ylang oil is a natural remedy to treat hypertension as it helps in controlling stress, lowering blood pressure and reduces the risk of cardiovascular diseases.

7. Nervous system

This flower oil protects the cells and tissues from nerve damage and boosts the nervous system. The soothing properties in the oil helps in calming down stress which in turn helps in strengthening and repairing the nervous system.

8. Benefits of Ylang-Ylang Essential Oil for Insomnia

Insomnia is a sleep disorder among adults who have difficulty in falling asleep and if this condition is not diagnosed it can lead to anxiety, depression and heart failure. Ylang-ylang essential oil has a euphoric effect which helps in relaxing the mind and body and enables a person to have an undisturbed sleep.

9. Benefits of Ylang-Ylang Essential Oil for Your Skin

Beautiful and glowing skin increases confidence in a person and it is possible to have a good skin only when a proper routine is followed for skincare. Applying this oil on the skin improves blood circulation and reduces blemishes, acne and other skin diseases. It also helps in reversing the years of skin damage including signs of aging and rejuvenates the skin by making it look healthier and younger.

10. Boosts immune system

Strong immune system is a protection from diseases and infections like bacteria and viruses from entering into the body. The antioxidants in ylang-ylang oil prevent a person from catching cold, cough and flu. It also effectively removes toxins from the body and benefits the overall health of an individual.

Subscribe to our Channel here –
<https://www.youtube.com/channel/UCYo2IDQs4r0ktb4rTfirzEQ>

DISCLAIMER: This video is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment.