

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

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 affected 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 μ M (a

concentration of 25 micro-Moles) of 5-Fluorouracil alone was required. But, in combination with geraniol, only 1 μ M 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.

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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 naively 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.

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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.

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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 International: CIGR Journal*.

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 [Zaqgy 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.

Benefits of Spearmint Essential Oil

Benefits of spearmint essential oil include relief of nausea, indigestion, gas, bloating and cramps. It's natural antioxidants reduce oxidative stress. Antimicrobial properties help control internal and external infections and prevent infections in wounds.

The spearmint plant (*Mentha spicata*) is a perennial that originates in the Mediterranean area. It is now grown around the world. A mature spearmint plant can reach about 2 feet in width and height. Another hybrid (*Mentha gracilis*) is often known as Scotch spearmint.

Spearmint essential oil is made using steam distillation from the green, spear-shaped leaves as well as the flowering tops of the plant. The oil has a pale yellow color and has a warm

and pleasant herbaceous scent. It is often used as a flavoring in foods, mouthwash, toothpaste, breath mints, chewing gum and candy.

Benefits of Spearmint Essential Oil Come from Chemical Components

The properties of spearmint essential oil come from the chemical compounds that make up the oil.

From the journal "Journal of High Resolution Chromatography", an article [Application of Comprehensive Two-Dimensional Gas Chromatography\(GC6GC\) to the Qualitative Analysis of Essential Oils](#) lists 38 different compounds. The major compounds with at least 1% presence in the oil are:

- Carvone (37.7%)
- [Limonene](#) (15.0%)
- [Menthol](#) (16.19%)
- Menthone (9.7%)
- Isomenthone (4.4%)
- Neomenthol (2.4%)
- Menthyl acetate (1.4%)
- Dihydrocarvonee (1.1%)

Some people favor spearmint oil over peppermint oil because spearmint oil is milder. One of the main differences is that spearmint oil contains less menthol.

Spearmint essential oil has a long history of use. It's use is recorded in the records of ancient Greece, Rome, China, and is a component of Ayurvedic medicine.

Spearmint oil is used in several ways:

1. Inhalation for fatigue and stress
2. Topically for skin conditions and muscle pain
3. Internally for digestive upsets

The following video shows the many benefits of spearmint essential oil and how it is used.

Benefits of Spearmint Essential Oil

Hi and welcome to our video on spearmint essential oil. I'm Holly Draper. I'm a certified aroma therapist.

this is our ten part video series. So let's jump into awesome spearmint essential oil and tell and learn about all the amazing things you can use spearmint essential oil for.

The ancient Greeks used spearmint in their lavish bathing activities. In medieval times it was popular to use spearmint essential oil in oral hygiene. Anciently, spearmint was used to heal sore gums and to whiten the teeth.

Benefits of Spearmint Essential Oil for Digestion

Spearmint has been used in eastern and western civilizations and found to be beneficial for all sorts of digestive disorders. So spearmint is a fantastic digestive essential oil. It stimulates healthy digestion and it may help ease occasional constipation and occasional digestive issues.

Benefits of Spearmint Essential Oil for Mood and Mental Strain

Spearmint oil is uplifting. It reduces mental strain and fatigue. It calms tension and it's a great essential oil to use for stress. It's also a very energizing essential oil. Being in the mint family, it's very very energizing and yet good and balancing and calming for stress and tension. It's also helpful with sadness and depressed type feelings because it's so uplifting.

It's a great breath freshener. And it also stimulates your appetite. Spearmint is a great bug repellent oil. This is fantastic to use and you can also use it with bug bites.

Spearmint is a fantastic oil. When you inhale it, it can help with morning sickness, even inhaling the scent of spearmint

essential oil. And it can also help bring down inflammation in the body.

Spearmint Essential Oil Safe for Youngsters

If you haven't seen our video on peppermint essential oil, please check that out too. Spearmint essential oil generally has all the same uses as peppermint essential oil. So you can use it in all the same ways. Except to remember how in our peppermint video we said that peppermint is not safe for kids ages 3 and under. Well spearmint essential oil is safe and so you can use it for kids ages 3 and younger. So spearmint essential oil is a great children's oil.

Benefits of Spearmint Essential Oil for Mood

I love spearmint essential oil. I use it because it's an amazing emotional oil. Now spearmint essential oil, specifically, targets the inner child. And it can actually support, strengthen, and it comforts our inner child. And it can actually help your inner child let go of low frequency emotional stuff like anger and rage and fear. That kind of thing helps the body. Like I said, let go of that emotional baggage.

For young kids, for your inner child, and for adults. So it's a great essential oil. Smells so yummy. Makes you feel good and energized. And it helps you release low frequency energy emotional baggage. It also can help release emotional blocks. So it's a great. And it's one of my very favorite emotionally releasing essential oils. It's a great one for stress. If you ever get stressed out, just breathe in some spearmint. Or, you know, you're really tense or stressed, it's a really great oil for that. You can also inhale spearmint off of a cotton ball right before you go to bed. You want to breathe it for a couple minutes off the cotton ball then set the cotton ball aside. Then lay down and go to sleep. It can actually help you sleep better.

Importance of Organic Essential Oil

Let's talk about why it's so important that your spearmint and all other essential oils are organic. The number one reason people want to use organic products is to avoid exposure to toxic chemicals like pesticides and insecticides, larvicides, herbicides, chemical fertilizers, and sewage sludge. And, of course, we want to avoid those things when we're putting products in and on our body. Once these chemicals are sprayed on conventional crops, when they're conventionally grown, it's impossible to remove them and have a pure essential oil.

Benefits of Spearmint Essential Oil Phytochemicals

The phytochemicals in essential oil, the good, beneficial chemicals that come from the plant, are seventy to a hundred times more concentrated in the essential oil than they are in the plant. And this is because when they distilled into an essential oil, it concentrates those chemicals in a really powerful way. So you can see here, organic essential oils are always going to be cleaner and purer than non-organic essential oils, which actually can contain the residue of the pesticides, herbicides, insecticides, and chemical fertilizers that were sprayed on most crops. Those poison toxic residues can actually be in your non-organic essential oils.

When you choose organic products you also choose non-GMO so not genetically modified plants. You also choose to protect our land, our soil, and our water. You also choose to preserve our ecosystem and the precious organisms that are a part of our ecosystem. And you also say no to animal cruelty because these are not tested on animals. Cleaner, healthier plants like certified organic plants, produce cleaner healthier essential oils. And organic oils are always higher quality than non-organic essential oils.

How to Tell if Your Essential Oil is Organic

So how can I be sure that my essential oils that I'm using are

organic? It's actually super simple. You want to see the word "organic" right on the front label of the of the of the bottle. You also want to see on the back label in the ingredient list. It should say "certified organic oil". And you want to see the USDA certified organic seal right on the label of every bottle. Then you're going to be assured that you're using organic essential oils. If the words "organic" or "wild crafted" are not right on your label, then what you're using is a non-organic essential oil. And there we'll be traces of those toxic chemicals in that oil. And so you are not experiencing the greater benefits of certified organic essential oils.

Purify Skin Therapy is proud to bring you USDA certified organic and wild crafted essential oils. The quality of oils we have is superior. And we believe if you'll just try one or two of our essential oils you too will see the difference.

So that is our video on spearmint essential oil. This is a ten part video series. And if you want to get all ten of these videos with an email that goes along with it, packed with great information, just text the word "peppermint" to 72000 or check out our website for more information at Purify Skin Therapy com.

Thank you so much for joining us to learn about the benefits of spearmint essential oil.

Presented by a Certified Aromatherapist, this quick video on Spearmint essential oil will show you all the amazing uses for Spearmint Essential Oil. This is the ninth video in a 10 part video series. To get all 10 of the emails packed with information ~ including the videos ~ sent right to your inbox: text PEPPERMINT to 72000. It's FREE! For more information go to <https://www.purifyskintherapy.com/>

Benefits of Orange Essential Oil

Benefits of orange essential oil include calming emotions, lowering blood pressure, uplifting your mood, boosting your immune system, as well as acting against cancer, repelling insects, and improving your libido. It has anti-fungal, antibacterial, anti-inflammatory properties that help fight germs and reduce painful swelling.

Orange essential oil has been used for thousands of years. People in China, India, the Mediterranean and the Middle East have used it to fight coughs and colds and for religious purification ceremonies. It is well known for improving digestion and helping to heal skin problems.

Orange essential oil comes from the *Citrus sinensis* plant which includes sweet and navel oranges. The rind or peel of the orange is the primary source of this essential oil. You must harvest the oranges and remove the peel at just the right level of ripeness to produce the best oil.

An article ([Ionic liquids and fragrances – direct isolation of orange essential oil](#)) in the journal *Green Chemistry* examined the phytochemical compounds in orange essential oil.

While there are over 200 phytochemicals in orange essential oil, only a very few are present in any significant quantity. The authors found the following range of major components from their samples:

- [Limonene](#) 98.08 – 98.78%
- Myrcene 0.95 – 1.30%
- α -Pinene 0.12 – 0.68%

- β -Pinene 0.13 - .49%
- Linalol 0.11 – 0.26%
- Octanal 0.06 0.222%

It's clear that the most prominent compound in orange essential oil is limonene. It is primarily responsible for most of orange essential oil's properties.

Cautions

Orange essential oil may be photo-toxic for some people. You should avoid direct sunlight after a topical application. Also, do not take orange essential oil internally.

Benefits of Orange Essential Oil

Watch this video for more information about the medicinal benefits of orange essential oil.

Orange essential-oil is extracted from the fruit peels of sweet orange that goes by the name *Citrus sinensis*.

In the case of orange-oil, limonene, D-limonene in particular, forms the major bulk of the oil. This monoterpene compound with proven antitumor function is responsible for most of the beneficial properties of orange essential oil.

Sweet orange oil is widely used in aromatherapy and herbal medicine for the following Reasons.

Benefits of Orange Essential Oil as an Antidepressant

The very action of peeling an orange is so uplifting, thanks to the release of the orange-oil in the peel. Not surprisingly, the essential-oil of orange is often used in aromatherapy to bring one out of a depressed or pensive mood.

A mere whiff of the oil can make you feel alert and relaxed at the same time. It induces a sense of happiness and well-being.

Along with the reduction in cortisol secretion and lifting of mental anxiety, physical changes such as lowering of pulse rate are observed.

Benefits of Orange Essential Oil as an Anti-inflammatory

Inflammation is part of body's healing mechanism, but uncontrolled and chronic inflammation has many negative effects, apart from causing swelling and pain.

Orange oil can regulate the inflammatory response of the body to allergens, injuries, infections and other irritants. You can observe perceptible changes such as reduction in redness and swelling at the site of injury. In case of respiratory allergens, the anti-inflammatory action can help relieve a runny nose and cough.

Medicinal Benefits of Orange Essential Oil as a Diuretic

Orange has a mild diuretic action that results in increased production of urine. This facilitates the removal of undesirable substances from the body, including toxic substances, excess salts, and by-products of protein digestion such as uric-acid.

By removing excess fluids from the body, diuretics like orange oil reduce edema caused by water retention in tissues. It also reduces blood pressure and excessive load on the heart.

Medicinal Benefits of Orange Essential Oil to Relieve Fatigue

Orange essential oil can help relieve physical and mental fatigue. Mix it with the essential oil of lavender to enhance the effect.

Mix 5-drops each of sweet orange oil and lavender oil and use the mixture in a diffuser. Apply a drop of the mixture to your

pulse points for faster absorption into the body.

Adding essential oils to your bath would give you maximum benefits, but it should be avoided for the reason mentioned above.

Benefits of Orange Essential Oil to Control Acne

Orange oil has a drying and grease-cutting effect on the skin that can help reduce acne in people with oily skin. Add 2-3 drops of orange oil to a cup of water and wash the face with it before going to bed.

Orange oil acts as a deep cleanser when used with a light carrier oil like olive-oil or sweet almond-oil. Mix 3-4 drops of orange oil to a tablespoon of carrier oil and apply on the face with a cotton ball. Allow to remain for 5-minutes and wipe off. This is an excellent way to remove makeup in the evening.

For a spot treatment for acne, dip a cotton swab in sweet orange-oil and touch the acne. The antiseptic effect of orange oil helps reduce bacteria that worsen acne.

Defusing orange essential oil in a diffuser is the best way to receive the above mentioned benefits however you can also apply it directly on to skin, such as neck area, as and when you need it.

See more videos on the Natural solution channel.

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Benefits of Grapefruit Essential Oil

Benefits of grapefruit essential oil include reducing reduce appetite and sugar cravings, mobilizing fat, as well as boosting your mood and fighting viral infections. It's an all-around super essential oil.

What Causes the Benefits of Grapefruit Essential Oil?

What's in grapefruit essential oil that gives it its healthful properties? A journal article in the *International Journal of Phytotherapy Research*,

[PHARMACOLOGICAL POTENTIALS OF CITRUS PARADISI- AN OVERVIEW](#) indicates that the main chemical components of grapefruit essential oil are:

- [limonene](#) (81.6%),
- linalyl acetate (5.20%),
- *p*-cymene (3.6%),
- β -pinene (2.51%),
- sabinene (1.02%),

as well as a number of other compounds with less than 1% presence.

The benefits of grapefruit essential oil mainly come from its most abundant natural phytochemical, limonene. Limonene is found in the peels of many citrus fruits. It gets its name from the lemon. It is typically present in the grapefruit peel oil at between 88 to 95%. Limonene has been investigated since the 1970s. It is used to make medicines which can help prevent and treat cancer. Limonene is also used to treat bronchitis

and other viral infections. It is a great solvent for cleaning. Grapefruit essential oil has a fragrant aroma and is used as a flavoring.

Grapefruit oil is rich in antioxidants, including vitamin C. It helps boost the immune system and fights against free radicals. It helps protect the body from premature aging, tissue degeneration, and vision loss. It helps mental clarity. The antiviral and antimicrobial characteristics make it a good disinfectant.

Grapefruit oil is commonly used in aromatherapy where its tangy aroma helps boost your mood. Taken internally it can treat infections in the stomach, intestines and colon. It can help fight throat and respiratory infections, as well as muscle aches.

Another of the benefits of grapefruit essential oil is it helps the function of the lymphatic system. This helps clear the body of toxins and helps remove cellulite.

It can also help increasing energy levels, boosting your metabolism. It also helps reduce your appetite and sugar cravings. And it seems to help mobilize fat. So, it is often used by those trying to lose weight.

Cautions

Grapefruit essential oil may cause skin irritation and causes skin to be sensitive to light. Test grapefruit essential oil on a small patch of skin before applying it generally over large areas. Avoid exposure to direct sunlight after applying to your skin.

Benefits of Grapefruit Essential Oil

Curbing cravings can be difficult. Did you know that research has shown that just smelling grapefruit oil can help reduce

feelings of hunger?

Try diffusing Grapefruit essential oil when you feel hungry but don't want to consume unnecessary calories. Additionally like most citrus essential oils, Grapefruit has an uplifting aroma. Keeping a positive mood makes weight management efforts more fun and purposeful.

Diffuse or Take Internally

Diffuse Grapefruit oil in the morning to set the mood for the rest of your day or periodically put two drops in your palms, rub them together and breathe in deeply.

When taken internally, Grapefruit essential oil supports a healthy metabolism. Add two drops to a glass of water, refill throughout the day, and with meals for metabolic support and healthy alternative to sugary beverages.

LEARN MORE ABOUT doTERRA GRAPEFRUIT OIL HERE:
<https://www.doterra.com/US/en/blog/spotlight-grapefruit-oil>

Benefits of Limonene

Benefits of limonene include fighting cancer, preventing heart attacks, lowering cholesterol, controlling weight, reduces stress, anxiety and depression, dissolves gallstones, and helps relieve heartburn.

Limonene comes in two forms D-limonene and L-limonene. While these have the same chemical formula, they differ in their structure. D-limonene (1-methyl-4-(1-methylethenyl) cyclohexane), which we simply call limonene, is a major compound in several essential oils made from citrus fruit peels. These oils are:

- [Orange](#)
- Lemon
- Mandarin
- [Lime](#)
- [Grapefruit](#)

Because of its lemony aroma it is widely used in foods, perfumes, soaps, juices, ice cream, candy and chewing gum. The US government recognized it as a generally recognized as safe (GRAS) flavoring agent.

Some medicinal benefits of limonene include:

- As a solvent of cholesterol it helps dissolve cholesterol-containing gallstones.
- It neutralized gastric acid and so helps relieve heartburn and gastroesophageal reflux disorder (GERD).
- It supports healthy peristalsis to help keep your bowel movements regular.
- It has a chemopreventive activity against various cancers.

Limonene Has Well Researched Health Benefits

Many studies have been done to determine the health effects of limonene. Here are a few studies and their findings.

Benefits of Limonene in the Remission of Cancer Tumors

[Researchers](#) perform three experiments on rats. In the first experiment they induced cancer tumors in rats in two different ways (with either DMBA or NMU). The rats were handled every two weeks to detect any tumor growth. When a tumor was felt, the rats were assigned to either a normal diet or a normal diet with 10% limonene. The rats with a DMBA-induced tumor who were on the limonene diet had a 68% remission rate while

normal-diet rats had only a 23% remission rate. The limonene-fed rats with an NMU-induced tumor experienced a 96% remission rate while normal diet rats had a 58% remission rate. Both differences in remission rates were highly significant ($p < 0.001$).

The second experiment was designed to determine the minimum dose required for a significant remission rate. In this experiment 200 rats were given DMBA. When a tumor was felt the rats were assigned to a variable dose diet ranging from 0%, 2.5%, 5.0%, 7.5% or 10% limonene. The results showed that a highly significant remission rate ($p < 0.001$) required the 7.5% or 10% concentration of limonene.

In the third experiment was a large tumor study. While small tumors often have a good spontaneous remission rate, large tumors have a much lower spontaneous remission rate. Here, the rats were given either DMBA or NMU to induce tumors. When the tumors grew large (at least 10 mm) the rats were randomly assigned to either a normal or a 10% limonene diet. The results for the limonene-diet rats showed a complete remission of tumors in 53% of the DMBA tumor rats and a 79% remission rate in the NMU-tumor rats. None of the normal diet rats showed spontaneous remission of tumors.

These experiments show the benefits of limonene for reducing some cancer tumors. Limonene at levels which are not toxic had significant effects on these mammary carcinomas. And, limonene caused the remission of large tumors for which spontaneous remission did not occur. While the limonene-diets caused faster remission of small tumors than was seen with spontaneous remission, when limonene was withdrawn some of the tumors reappeared.

Benefits of Limonene in Hypertension

[Researchers](#) wanted to determine the effects of various diets (including supplementation with limonene) on blood pressure,

triglycerides, cholesterol and other blood components. To do this, they prepared six diet plans to be fed to rats:

- **Standard:** Standard rat pellet diet for 8 weeks
- **Standard+Limonene:** Standard rat pellet diet for 4 weeks then rat pellets supplemented with limonene for 4 weeks
- **HFD:** High fat diet for 8 weeks
- **HFD+L-NAME:** High fat diet supplemented with L-NAME (N ω -nitro-L-arginine methyl ester) for 8 weeks
- **HFD+Limonene:** High fat diet for 9 weeks, then supplemented with limonene for the last 4 weeks
- **HFD+L-NAME+Limonene:** High fat diet supplemented with L-NAME for 8 weeks supplemented with limonene for the last 4 weeks.

The major results allow us to reach a number of statistically significant conclusions.

- **Weight Gain.** While all rats continued to grow and gain weight, the rats on the HFD gained significantly more weight than the rats on a standard diet. In addition, the rats on the HFD not supplemented with limonene gained significantly more weight than the rats on the HFD supplemented with limonene.
- **Blood Pressure.** The rats with the lowest blood pressure were those on the standard diet supplemented with limonene. Just a bit higher were the rats on the standard diet alone. Only slightly higher were the rats on the HFD supplemented with limonene. All these rats had blood pressures significantly lower than the rats fed the HFD alone. The rats with the highest blood pressures were those fed the HFD+L-NAME diet.
- **Heart Rate.** The heart rates of rats fed the HFD and the HFD+L-NAME were significantly higher than the other rats.
- **Triglycerides.** As would be expected, rats fed the HFD and the HFD+L-NAME diets had the highest level of triglycerides. But rats consuming these diets

supplemented with limonene were significantly lower and very near that of the control group.

These results indicate that limonene has significant effects on weight, blood pressure, heart rate and triglycerides.

Research on the Benefits of Limonene

Various studies has taken place or are planned to investigate limonene. Here are just a few:

- [Behavioral Pharmacology of THC and D-limonene](#). Subjects will test THC alone, limonene alone, THC and limonene together, or placebo.
- [Human Breast Tissue Bioavailability of Topically Applied Limonene](#). The purpose is to determine the safety and breast tissue bioavailability of limonene following massage application of limonene containing massage oil to the breast.
- [AV2 Antiviral Spray Versus Placebo in Human Papillomavirus Cervix Infections](#). The study will try to show that, by a one-time topical spray on the cervix, AV2-DM (90% olive oil and 10% d-limonene) is an effective antiviral in reducing on short term (3 months) the human papillomavirus (HPV) infection.

References

- [D-Limonene: Safety and Clinical Applications](#) in *Alternative Medicine Review*
- [Limonene-induced Regression of Mammary Carcinomas](#) in the journal *Cancer Research*
- [d-limonene attenuates blood pressure and improves the lipid and antioxidant status in high fat diet and L-NAME treated rats](#) as reported in the *Journal of Pharmaceutical Sciences and Research*