



Patchouli Essential Oil

DESCRIPTION: A complex, earthy aroma for the free spirit. Diffuse to create balanced and peaceful feelings.

TOP AROMATHERAPY BENEFITS: peace • meditate • balance

AROMA: Musky & Spicy

BLENDS WITH: Cedarwood, Clary Sage, Lavender

INGREDIENTS: Pogostemon cablin (patchouli) oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a peaceful and balancing aromatherapy experience.

Air Freshener

Add a few drops to a spray bottle, shake well and use as a air freshener.

Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

Feel Relaxed

Diffuse or dilute and use topically when feeling anxious, stressed, or restless.

Linen Mist

Add a few drops to a spray bottle, shake well and use as a linen mist.

Laundry Freshener

Add a 1-2 drops to a dryer sheet or dryer ball to freshen laundry as it dries.

Natural Deodorizer

Combine with tea tree or lavender to use as a natural deodorizer.

Scalp Massage

Combine with carrier oil, rosemary and lavender for a scalp massage promoting healthy hair.

Use Before Bed

Dilute and apply to feet at bedtime to promote calm feelings.

Moisturizer

Use with a carrier oil as a natural skin moisturizer.

Aphrodisiac

Add to a carrier oil and apply to pulse points for a natural aphrodisiac.

Encourage Relaxation

Add to carrier oil and apply to temples and/or neck to encourage relaxation when experiencing head tension.

Encourage Metabolism

Combine with grapefruit and a carrier oil and apply to wrists and chest when dieting and exercising.

DIY AROMATHERAPY BLENDS:

Calm & Soothing: Patchouli + Bergamot + Ginger

Carefree: Patchouli + Bergamot + Eucalyptus

Grateful: Patchouli + Lavender + Lemongrass

Harmony: Patchouli + Canadian Fir + Lavender

Honeymoon: Patchouli + Clary Sage + Ylang Ylang

Meditate: Patchouli + Lavender + Rosemary

Mellow Out: Patchouli + Citrus Boost + Ylang Ylang

Peaceful: Patchouli + Bergamot + Clary Sage

Relief: Patchouli + Clove + Ginger