

*Discover...*

# Patchouli

*Pogostemon cablin*

*Steam Distilled*

*Romantic, Soothing, Rejuvenating*

**Exotic, earthy, smoky scent that clarifies thoughts, relaxes the mind and body, boosts the immune system, and has been valued as an aphrodisiac in many cultures.**

*Like many essential oils, Patchouli is versatile in its applications. However, unlike most essential oils that can lose their potency with time, patchouli ages like a fine wine – and is thought to get better with time, which is fitting, since it has been used in its native Eastern cultures for hundreds - if not thousands - of years. Patchouli is anti-inflammatory, antimicrobial, antifungal, and is renowned for its ability to soothe dry, chapped skin, as a cell rejuvenator for mature skin, lessen bloating and ease nausea. The ancient Chinese believed the oil could act as a catalyst for increasing the life force (Chi or Qi) in the body, and many believe in its ability to focus the mind during meditation. Patchouli's earthy, exotic scent makes it a popular ingredient in perfumes. In Victorian England, the scent became popular as a result of Indian cashmere shawls, which were fashionable at the time, having been shipped in patchouli leaves to protect them from moths.*

**Topically\*:** *Apply to itchy, dry skin; commonly added to skin creams to prevent wrinkles; blend with other scents or use singly as a perfume. The aroma is long-lasting and is best used in small amounts.*

**Aromatically:** *Diffuse while meditating to clarify thoughts and focus; breathe in the scent to combat nausea.*

**Blends well with...**

**Bergamot** for a boost of confidence

**Lemongrass** for a rich, inviting scent and mood lifter

**Orange & Ylang Ylang** to increase sensuality

**More Tips & Common Uses:** *Make balm with patchouli to fight chapped skin; make an eye cream to combat wrinkles; use as a sensual additive to massage oil; add to any of our great recipes for hand creams, lotions, body butters and more.*

\* Pure essential oils are very potent. We strongly recommend diluting them when applying topically to avoid any potential skin sensitivities. Please refer to our Essential Oil Safety Guidelines for more information.

**Disclaimer:** *The information provided here and throughout our website is for educational purposes only and is not intended to treat, cure, or diagnose any condition. This information is not intended as a substitute for consulting with your health care provider. It's best to consult with a healthcare professional before using any essential oil during pregnancy or before using essential oils with children.*