

Balsam Of Peru Essential Oil



Source

The source of this essential oil is Balsam of Peru. This is a resinous substance obtained from the tree called *Myroxylon balsamum*. It is also referred to as *Myroxylon pereirae*. This resin is oily and smells like a mixture of clove, cinnamon and vanilla. This is a unique aromatic combination of sweet and spicy. This balsam is used in many products like flavorings for foods and in cosmetic products. Balsam of Peru also has some medicinal uses. It is used in products and creams for dry socket, hemorrhoids, toothache, dressings for wounds (because it is antiseptic), diaper rash ointment and in cough medicine.

The uses of Balsam Peru essential oil are quite similar to the uses of the original resin. This is because the nutrients of the essential oil come from the resin itself.

Other Names

Balsam of Peru essential oil can be referred by more than a dozen other names. This is because of the various names for the resin. It is known by names like Black Balsam, Quina, Tolu, Balsam fir oil, Balsam fir oleoresin, Peru Balsam Oil, Indian Balsam, China oil (surprising) and Balsamo.

Properties

Balsam of Peru essential oil displays some really powerful therapeutic and healing properties.

Antioxidant – The essential oil of Peru Balsam has some antioxidant activity.

Cicatrisant – It is a powerful wound healer.

Deodorant or Antiperspirant – It reduces body odor by lowering perspiration.

Ant-inflammatory – It is strongly ant-inflammatory essential oil.

Allergic – This oil is strongly allergic to many people. [1]

Expectorant – It helps to expel phlegm from the lungs.

Stimulant – It stimulates various organ systems in the body.

Fixative – It reduces evaporation in mixtures and is thus a great additive in perfumes and scented products to prevent them from losing their aroma.

Anti-mites – It kills scabies mites.

Antiseptic – It prevents chances of infection in an open wound.

Antibacterial – It kills some species of bacteria.

Diuretic – It stimulates the release of urine from the body.

Color and Aroma

The color of Balsam of Peru essential oil is a deep brown. Its aroma is mild by carries a mix of many aromas. It smells quite pleasant, almost balsamic. It also has smells resembling clove (slightly pungent) , vanilla and cinnamon. Its unique aroma makes it a useful ingredient in aromatherapy.

Blends Well With

In aromatherapy, Peru Balsam essential oil blends well with essential oils of clove, cinnamon and vanilla. It also goes well with ylang-ylang essential oil and other wonderful smelling essential oils like that of rose, lavender, patchouli and spice oils like black pepper.

Health Benefits

The Balsam of Peru and its essential oil are used for their healing properties. They provide many health benefits. However, one has to be wary about the side effects of this essential oil before using it.

1. Bronchitis and Respiratory Conditions

Balsam of Peru essential oil is incredibly helpful in respiratory conditions in which there is productive cough. It acts as an expectorant and helps the lungs expel all the attached phlegm. This clears the airway from congestion and provides relieved breathing. In this way, it helps in cold, flu, bronchitis, pneumonia and other conditions which overproduce phlegm.

For these conditions, add 3 – 4 drops of Peru Balsam essential oil in a vaporizer and let its aroma diffuse in the air all around. Its sweet cinnamon like aroma helps one to breathe easily and congestion is reduced. After a few minutes, do a warm salt water gargle as a home remedy to loosen the phlegm. This procedure also reduces inflammation in the nose and throat. Because of its antibacterial activity, it kills some species of bacteria in the air, especially when mixed with other antibacterial essential oils like tea tree oil and eucalyptus oil.

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