

Cistus Labdanum Essential Oil



Botanical Name: *Cistus Ladanifer*

Plant Part: Resin

Origin: India

Processing Method: Benzyl Benzoate Solvent Extraction

Description / Color / Consistency: A thick, dark brown liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note with a strong aroma, Labdanum Essential Oil has a warm sweet, musky, amber scent.

Blends With: Frankincense, Myrrh, Sandalwood, Patchouli, Pine, Clary Sage, Cypress and Vetiver.

Product Abstract: Labdanum is a small gummy shrub which grows up to 3 m tall, with lance-shaped leaves that are white and furry on the underside, and fragrant white flowers. Also known as a rockrose, Labdanum is the sticky brown resin obtained from the *Cistus ladanifer*. It has a long history of use as a fixative in perfumery. In ancient times, the resin was scraped from the fur of goats and sheep that had grazed on the shrubs. Collected by shepherds, it was sold to coastal traders. The false beards worn by the pharaohs of ancient Egypt were actually the labdanum-soaked hair of these goats.

Note: We would recommend placing the bottle in a very hot water bath, and changing the water frequently until it is back to its liquid state. Be sure to shake before use.

Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

IMPORTANT: All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

Labdanum Oil in Folk Medicine

In the hot Mediterranean summers, the labdanum bush secretes a thick resin to protect itself from the blazing sun, and from insects who would feed off its leaves. When humans migrated and settled in Mediterranean Israel, Greece and Egypt, they found many uses for labdanum resin and **labdanum oil** in folk medicine: labdanum has anti-inflammatory, antibacterial, and astringent effects and was used medicinally as a panacea for the body's ills.

Biblical scholars have speculated that the healing Balm of Gilead mentioned in Jeremiah 8:22 contained labdanum resin as an ingredient. Although it's impossible to know for sure after thousands of years, there were definitely many folk medicinal uses for labdanum oil throughout the Near East: labdanum essential oil has broad-spectrum antibacterial and antifungal effects that make it an excellent infection fighter, and it also has legendary toning effects on the skin, especially for mature skin. The rich, complex smell of labdanum oil can stimulate the senses and sharpen one's thoughts, which is one likely reason why labdanum oil or resin may have been used as incense in sacred Hebrew rituals.

Labdanum oil was most revered in folk medicine as a skin care agent, a use that has persisted into present day aromatherapy treatments with labdanum essential oil. Ancient Mediterraneans incorporated labdanum resin or oil into balms to firm aging skin and banish wrinkles, to speed the healing of wounds, and to treat skin conditions like eczema and psoriasis. The Egyptians also recognized the efficacy of labdanum oil for improving skin health: a mixture of labdanum oil and hippopotamus fat is listed in the Egyptian Materia Medica as a treatment for dandruff and other fungal infections. Topical application of labdanum oil may also help improve drainage from lymph nodes.

Labdanum oil was employed to address more serious skin infections and eruptions as well, such as ulcers, tumors (both cancerous and benign), and scrofula, a kind of tubercular skin infection that produces an unpleasant rash around the neck. One folk treatment for scrofula involves combining the oils of labdanum, juniper, lavender and clary sage into a warm bath and soaking in it to let the compounds in the essential oils permeate the skin and remove the infection over time.

Because of its general anti-inflammatory and decongestant effects, ancient Mediterraneans also used labdanum oil medicinally for internal ailments. For instance, labdanum resin may have been burned and inhaled to relieve the respiratory congestion and nasal discharge associated with the common cold, bronchitis, and other respiratory infections. As an expectorant and anti-inflammatory, labdanum oil can loosen mucus and relieve the irritation caused by a constant need to cough, while combating bacterial or fungal respiratory infections at their source. Finally, labdanum essential oil may pack some serious pain-relieving properties: the oil was sometimes used as a topical treatment for arthritis or painful joints, and as a wound-healing agent and emmenagogue that could ease painful menstruation by stimulating pelvic blood flow.

In previous centuries, labdanum oil was frequently used as perfume and medicine at the same time. This is best illustrated in Shakespeare's play "A Winter's Tale", where labdanum resin appears as one of the ingredients in a [pomander, a kind of perfume ball](#) that was worn around the wrist or neck by the wealthy in medieval England:

"Your only way to make a pomander is this—take an ounce of the purest garden mould, cleans'd and steep'd seven days in... rosewater. Then take the best labdanum, benjoin [benzoin], with storaxes, ambergris, civet and musk. Incorporate them together and work them into what form you please. This, if your breath be not too valiant [that is, too strong], will make you smell as sweet as any lady's dog."

Although the above may sound like a strange compliment, considering the state of most people's hygiene in medieval England wearing a pomander would probably have led to a noticeable improvement in the wearer's odor. As such, pomanders were one of many luxury perfume items coveted by the wealthy; yet they were also worn as charms or amulets against infection, especially the plague.

Today, labdanum oil is still used in Arab folk medicine as a general tonic, an anti-diabetic medicine, and a topical demulcent that is applied to wounds, burns and inflamed skin to soothe pain and stimulate the body's ability to heal. Slowly but surely, [aromatherapy](#) has adopted the many possibilities of labdanum oil as a traditional medicine into its modern healing pharmacopoeia, ensuring that labdanum oil will continue to see use as an alternative medicine in the West for a long time to come.

<http://www.essentialoilco.com/labdanum-oil.html>

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