

Valerian Root Essential Oil



Botanical Name: Valeriana fauriei

Plant Part: Root

Extraction Method: Solvent Extraction

Origin: India

Description: Valerian Officinalis is native to Europe, North America, and the northern part of Asia. Altogether, the genus contains about 150 different species. These are widely distributed throughout the temperate zones. Both the root and the rhizome are highly prized for their healing properties.

Color: Brown to reddish brown viscous liquid.

Common Uses: Valerian Root Essential Oil has been used to combat insomnia, nervousness, restlessness, tension, agitation, headaches as the result of nervous tension, and panic attacks. It has also been used on muscle spasms, palpitations of the heart, cardiovascular spasm and neuralgia. Valerian Root Oil is also believed to be a suitable replacement for catnip based on similar chemical components.

Consistency: Medium

Note: Base

Strength of Aroma: Medium

Blends well with: Patchouli, Pine, Lavender, Cedarwood, Mandarin, Petitgrain and Rosemary.

Aromatic Scent: Valerian Root Essential Oil has an earthy, slightly sweet scent characteristic of an oil derived from a root.

History: Valerian Root Essential Oil is gaining in popularity as a natural alternative to commercially available sedatives.

Cautions: Valerian Root Essential Oil should be avoided during pregnancy, and around children. It has possible skin sensitizing properties. At low doses it appears to be non-toxic and non-irritating. There is also some documentation claiming that overuse may cause lethargy.

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