

Lotus Absolute - Pink



Botanical Name: Nelumbo nucifera

Plant Part: Flowers

Extraction Method: Solvent Extraction

Origin: India

Description: The Lotus flower is often viewed as a symbol of awakening. The reason is that while it grows in muddy ponds of sometimes stagnant water, it blossoms every day with the pre-morning sun.

Color: Yellow-orange to reddish viscous liquid.

Common Uses: Lotus Pink Absolute is known for its ability to promote a sense of harmony.

Consistency: Semi-solid at room temperature. Bottle should be placed in a hot water bath in order for absolute to liquefy.

Note: Middle

Strength of Aroma: Strong

Blends well with: Lotus Pink Absolute blends well with generally all oils, though it seems to work best with other floral oils.

Aromatic Scent: Lotus Pink Absolute has an exotic floral aroma with slightly herbaceous and medicinal top notes.

History: The Pink Lotus is viewed as the Lotus of the earth. It is speculated that this is the reason that Pink Lotus is sacred to Lakshmi Devi - the Goddess of Wealth.

Cautions: It is important to note that all absolutes are extremely concentrated by nature. They should not be evaluated in this state unless you are accustomed to the undiluted fragrance. For those trying Absolutes for the first time, we strongly recommend they be evaluated in dilution. Otherwise, the complexity of the fragrance - particularly the rare and exotic notes - becomes lost.

Storage: It is recommended that oils packaged in metal containers (for safe shipping) be transferred into dark glass containers to maintain freshness and attain maximum shelf life.

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Amazing Health Benefits of Lotus Essential Oil

In an increasingly stressful world, where everyone is in a rush to achieve something in life, our body and mind, more than often suffer the most. Your doctor will often stress how much important it is to take occasional breaks from it all, to recuperate and regain our strength for our next goal post.

But it's not only the work environment that is taking a toll on our wellbeing, but also pollution.

It seems as if the pollutants increase by the day, affecting our health in the process.

However, such natural substances as the **lotus oil for skin** can effectively restore your mind, skin and overall body health in a short period.

What is Lotus?

The white and pink plant is perennial and grows in shallow lakes and murky ponds, exposed to direct sunlight. The Lotus plant is initially from Asia and Australia.

However, the plant is now all over the world, of course, because of the associated health benefits. It is not an endangered plant, which is good news.

The Lotus is an important component in spiritual rituals in the Middle East, mainly because of its calming effects which help in the meditation process.

The primary method of getting the lotus oil is a solvent extraction process, complicated, and thus much more expensive than other ways. As a result, the oil is more costly than the other aromatherapy oils.

Typically, there are different types of lotus including the white, pink and blue which determines the kind of oil extracted. For example, there's **blue lotus essential oil** among others.

The uses for the Lotus Plant

The various parts of the Lotus plant are food and a source of medicine in Asia. You can pickle the roots with chili and garlic and cooked to make a flavorful dish.

In some countries, people pop their seeds to resemble popcorn and others can swear by the lotus flower benefits for the skin.

Mashed seeds add an excellent flavor to sweets.

And even though not edible, the leaves of the lotus plant provide a decent wrap for savory dishes. Dried flowers and stamen make a flavor green tea or herbal tisane.

People love the lotus flower tea for its sedating and antidepressant capabilities.

Other Benefits of Lotus Oil

The Skin

The lotus oil acts as an excellent massage oil, enhancing circulation. The oil contributes to an intense relaxation and maintains skin beauty.

It also boasts the same capabilities as astringents, clearing the blemishes and pimples – young people undergoing puberty would benefit from it.

The lotus oil has a host of beneficial nutrients including vitamin B, C and phosphorous. It also has linoleic acid, iron, and proteins which all help in making the skin healthy. The oil has soothing and cooling properties which enhances skin condition and texture.

Lotus oil is also ideal for reversing the skin aging process. Its proteins help in the repair process, and its vitamins make the skin elastic and healthy. As a result, you appear younger and become more confident – you can attract the right attention in the workplace and social gatherings.

Various factors such as smoking, excessive alcohol, and bad diet contribute to a faster aging process. Lotus oil has a neutralizing effect on the effect of toxins from these habits. Essentially, your skin becomes supple, radiant and healthier.

But even so, you may need to give up the harmful habits; that is if you want to have better-looking skin.

A blend of the lotus oil, floral and citrus oils helps treat and prevent a host of skin infections.

Spiritual

The religions in Asia use the lotus oil in spiritual rituals. It helps them relax and meditate by getting rid of the negative energy.

Concentration is critical during meditation, and *what better way is there than using the aromatherapy magic?*

Mental

The aroma of the lotus is sweet, floral and earthy. The aroma triggers the sense of smell, and there's a good feeling that accompanies it. Its fresh scent has a relaxing effect on your psyche.

Some people have trouble concentrating. The essential oil has a calming effect on the brain so that you can focus on whatever you are doing. Our work and study can take a toll on our thinking and concentration.

Numerous thoughts can take over the mind, blocking any constructive ideas. It is at such a time that you need intervention with your thinking

process. You can meditate or do something that resonates with nature, such as sit in a quiet place and watch the birds.

Alternatively, you can inhale the natural smelling lotus oil and reconnect with nature in the comfort of your living room. It has all the necessary nutrients your mind needs to function at an optimal level and recuperate.

Aromatherapy and Massage

You can use the oil in aromatherapy where you can directly inhale it. It helps with the respiratory system, relieving mild symptoms such as fever, flu, and colds. **However, it should always be in a diffuser.**

Ancient Romans were among the first to use lotus oil to alleviate such respiratory problems as asthma. Many cultures still use it to improve respiratory health.

The lotus oil improves the breathing system by easing and soothing the lungs, making its work easier. To enjoy its benefits on the respiratory system, you can burn it and take in the smoke. You may also purchase lotus oil-infused candles to make your task easier.

For a relaxed feeling and pleasure, you can use the lotus in the bath, and it will relax the muscles, body, and brain. It helps to replace the dead skin for better and improved skin health.

Reflexologists use the essential oil with the [reflexology equipment](#) to ensure optimal benefits. Professionals working on your body to bring about relaxation will use the oil for enhanced effect and success.

Overall Body Health

The warming effect of the oil enhances the circulation of blood within the body. As a result, the repair process of the body tissues kicks in, and you are healthier and stronger than you have ever been.

Free radicals can cause a variety of diseases such as cancer, and enhance the aging process.

The polysaccharides and flavonoids within the lotus oil have anti-inflammatory and antioxidants that remove free radicals, reversing the aging process.

Healthy Heart

The heart is one of the busiest organs in your body. It works day and night to ensure every part of the body gets the necessary nutrients for efficient functioning.

It is then logical that a healthy body makes our heart's task more manageable. You don't have to work so hard.

Regardless, the lotus oil contains a cardiogenic compound that helps in managing the blood pressure. As a result, chances of heart attacks diminish.

Appetizer

It might seem odd but using the lotus oil in your food has a host of benefits. Some cultures use the different parts of the lotus plant as food, and so it will not be an odd thing to do.

The essential oil helps with the digestive system and helps regulate the gastric acid. Besides, it helps create an improved digestive system environment for a better appetite.

If you have been struggling for an extended period to gain some weight, then the lotus may be your avenues to help achieve this goal.

Energetic Benefits

Anger and negative energy can impact on our productivity and good sense. It can make us unhappy and miss out on the best that life has to offer.

However, the lotus essential oil plays a vital role in reducing the negative impacts on our moods.

The oil efficiently works with solar plexus, gallbladder, and liver in getting rid of anger and frustration.

It also helps release the feel-good hormones that enhance your health and increase feelings of happiness. And as you are aware, a happy individual is also highly productive.

Managing Diabetes

Lotus oil and seeds are useful in the management of diabetes. [The seeds have high fiber content](#), and which helps minimize the glucose levels in the circulation.

The seeds and the essential oil contain important components that help keep the type II diabetes away.

Treating Insomnia

There are so many factors that contribute to your mind's restlessness. Underlying health problems and stress can keep us awake at night. The lotus seeds, as well as the oil, have a reputation for their sedative qualities that calm the mind and help you sleep.

Contraindications

Like any other treatment and medication, lotus essential oil may not be the best for everyone.

For example, if you are taking medication for diabetes, high cholesterol or even erectile dysfunction, then it is important to avoid the lotus oil treatment. Those taking psychiatric medications should prevent the essential oils.

It is also not ideal for **pregnant and breastfeeding mothers**. Essentially, lotus oil contains phytochemicals that may not work well with some other medications for a long-term condition.

As a result, you should consult your physician before deciding to use lotus oil with other medicines.

Final Word

There are countless reasons to use lotus oil for health and wellbeing.

For example, the oil improves the breathing system and works on your appetite. It also reverses the aging process and [alleviates stress](#) and negative energy that may keep you from achieving your best.