

*The Mystic Owl Apothecary*  
*Essential Oil Profile Sheet*

**Benzoin Absolute**

Botanical Name: *Styrax Benzoin*

Plant Part: Resin

Extraction Method: Solvent Extraction

Origin: India

Color: Brown

Consistency: Thick and viscous

Note: Base

Strength of Aroma: Medium

Aromatic Scent: Benzoin oil has a sweet, warm and vanilla-like aroma.

Blends With: Cardamom, Frankincense, Myrrh, Myrtle, Neroli, Orange, Petitgrain and Sandalwood.

Common Uses

Arthritis, bronchitis, chapped skin, coughing, laryngitis, stress. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 56-67.] Directions to Use: Benzoin is a VERY THICK VISCOUS liquid. It does not work well with droppers unless thinned. We recommend placing the bottle in a warm water bath, changing the water frequently and once it is back to the liquid state be sure to shake before use.

Cautions:

Benzoin is a non-toxic and non-irritant, but should be avoided if you have sensitive or allergy-prone skin. Tisserand and Young indicate that there is generally a low risk of sensitization. They recommend a dermal maximum of 2% and advise to use with caution with skin that is hypersensitive or damaged/diseased.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

