

Coriander Essential Oil

Botanical Name: Coriandrum sativum

Plant Part: Seeds

Extraction Method: Steam Distilled

Origin: India

Color: Colorless to pale yellow clear liquid.

Consistency: Thin

Note: Middle

Strength of Aroma: Medium

Aromatic Scent: Coriander Oil has a sweet, spicy, slightly fruity, herbaceous warm smell.

Blends With: Coriander Essential Oil blends particularly well with Bergamot, Cinnamon Bark ,
Ginger, Grapefruit, Lemon, Neroli and Orange.

Common Uses:

Aches, arthritis, colic, fatigue, grout, indigestion, nausea, rheumatism. [Julia Lawless, The
Illustrated Encyclopedia of Essential Oils (Rockport, MA: Element Books, 1995), 60-67.]

Coriander Seed Oil shows promise for management of neurodegenerative diseases. [Dorene
Petersen, Presentation: Clinical Use of Aromatherapy for Brain Health: 7 Essential Oils. August
9, 2017, New Brunswick, NJ. Alliance of International Aromatherapists 2017 Conference. AIA
2017 Conference Proceedings page 221-222.]. As such, it is expected that the oil may have
cognitive support and support brain health

Cautions:

Tisserand and Young do not indicate any known hazards for Coriander Seed Oil or Coriander
Leaf Oil (Cilantro Oil).

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.

