

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Valerian Root Essential Oil

Botanical Name: Valeriana wallichii

Plant Part: Root

Origin: India

Processing Method: Steam Distilled

Color: Olive or reddish to brown liquid

Consistency: Medium - Thick

Note: Base

Strength of Aroma: Medium

Aromatic Scent: Valerian Root Essential Oil has a deep, earthy, slightly woody scent

Blends With: Patchouli, Pine, Lavender, Cedarwood, Mandarin, Petitgrain and Rosemary, Geranium, and other florals; Cinnamon, and other spices.

Common Uses:

Sedative (used for insomnia), anxiety, depression, gastrointestinal support, detoxification, heart support, skin care, blood pressure, menstrual cramps, cognition, dementia/Alzheimer's,

Cautions:

Generally, there are no side effects, However, excessive use of valerian essential oil can result in dizziness, cramps, stomachaches, mild depression, and occasionally as a skin rash or hives

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.

