

Palmarosa Essential Oil

Botanical Name: *Cymbopogon martinii* var *motia*

Plant Part: Leaves

Origin: India

Processing Method: Steam Distilled

Color: Yellow to light brown

Consistency: Thin

Note: Middle

Strength of Aroma: Medium

Aromatic Scent: A sharp, floral note with a hint of rose

Blends With: Amyris, bay, bergamot, cedarwood, chamomile, clary sage, clove, coriander, frankincense, geranium, ginger, grapefruit, juniper, lemon, lemongrass, mandarin, oakmoss, orange, patchouli, petitgrain, rose, rosemary, sandalwood, ylang ylang.

Common Uses:

Antibacterial and antiseptic. Fever reducer. Sinusitis, excess mucus, cystitis, urinary tract infection, gastrointestinal disorders, scarring, wounds, acne, pimples, boils, fungal infection, general fatigue, muscular aches, overexercised muscles, stress, irritability, restlessness, insect bites and stings.

Used to treat skin problems like eczema and psoriasis, as well as boils, abscesses, and acne. Animals may also benefit from this gentle plant oil. Specifically, dog skin disorders and horse skin fungus and dermatitis are just some animal skin. Also known for relieving stress, anxiety, and nervous exhaustion, and alleviating arthritis and rheumatism

Cautions:

Tisserand and Young caution that a drug interaction may occur if using drugs metabolized by CYP2B6. They indicate that the Palmarosa Oil possesses a low risk of skin sensitization and recommend a dermal maximum of 6.5%.

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.

