

Patchouli Essential Oil

Botanical Name

Pogostemon cablin

Strength of Initial Aroma

Medium

Aromatic Description

Woody sweet spicy aroma

Blends Well With

Sandalwood, Bergamot, Peppermint, Geranium, Clary Sage, Lavender, Rose, Cedarwood, Jasmine, Myrrh, Ginger and similar oils

Patchouli Essential Oil Uses

- Perfumery/Fragrancing
- Fixative
- Emotionally and Spiritually Calming and Grounding
- Aphrodisiac
- Acne
- Athlete's Foot
- Chapped Skin
- Dermatitis

- Eczema
- Psoriasis
- Dandruff
- Fatigue
- Frigidity
- Hair Care
- Insect Repellent
- Mature Skin
- Dry Cracked Skin
- Oily Skin Regulator
- Stress and Anxiety
- Depression
- Controls Appetite
- Anti-inflammatory, Anti-bacterial, Anti-fungal
- Insecticide

Source: www.aromaweb.com Patchouli EO

Monograph, www.mountainroseherbs, www.healthline.com

Patchouli Essential Oil Safety Information

Tisserand and Young indicate that Patchouli Oil may inhibit blood clotting and pose a drug interaction hazard. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 382.]

*Do not use if you take a blood thinning medication or have a bleeding disorder.
Stop 2 weeks prior to surgeries.*

As cited per www.aromaweb.com Patchouli EO Monograph

Other sources: www.healthline.com

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete

kid friendly