



Patchouli Essential Oil

DESCRIPTION: A complex, earthy aroma for the free spirit. Diffuse to create balanced and peaceful feelings.

TOP AROMATHERAPY BENEFITS: peace • meditate • balance

AROMA: Musky & Spicy

BLENDS WITH: Cedarwood, Clary Sage, Lavender

INGREDIENTS: Pogostemon cablin (patchouli) oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a peaceful and balancing aromatherapy experience.

Air Freshener

Add a few drops to a spray bottle filled with distilled water, shake well and spritz.

Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

Feel Relaxed

Diffuse or dilute and use topically when feeling anxious, stressed, or restless.

Linen Mist

Add a few drops to a spray bottle filled with distilled water, shake well and use as a linen mist before sleep.

Laundry Freshener

Add a 1-2 drops to a dryer sheet or dryer ball to freshen laundry as it dries.

Natural Deodorizer

Combine with tea tree or lavender to use as a natural deodorizer.

Scalp Massage

Combine with carrier oil, rosemary and lavender for a scalp massage promoting healthy hair.

Use Before Bed

Dilute and apply to feet at bedtime to promote calm feelings.

Moisturizer

Use with a carrier oil as a natural skin moisturizer.

Set the Mood

Add to a carrier oil and apply to pulse points to set the mood.

Encourage Relaxation

Add to carrier oil and apply to temples and/or neck to encourage relaxation when feeling tension or stress.

Healthy Habits

Combine with grapefruit and a carrier oil and apply to wrists and chest for encouragement when dieting and exercising.

DIY AROMATHERAPY BLENDS:

Calm & Soothing: Patchouli + Bergamot + Ginger

Carefree: Patchouli + Bergamot + Eucalyptus

Grateful: Patchouli + Lavender + Lemongrass

Harmony: Patchouli + Canadian Fir + Lavender

Honeymoon: Patchouli + Clary Sage + Ylang Ylang

Meditate: Patchouli + Lavender + Rosemary

Mellow Out: Patchouli + Citrus Boost + Ylang Ylang

Peaceful: Patchouli + Bergamot + Clary Sage

Relief: Patchouli + Clove + Ginger

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute at a 1 to 1 ratio with carrier oil to use topically.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.