



Name	Latin Name	Origin
Patchouli	Pogostemon cablin	Indonesia
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$13	
Part of plant	Safety note	Conservation Status
Leaves	Non-toxic, non-irritating	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Sesquiterpene and Sesquiterpenol rich 	<ul style="list-style-type: none"> • Analgesic • Antimicrobial • Anti-inflammatory • Antibacterial • Antidepressant • Antifungal • Antispasmodic • CNS Sedative • Cooling • Immunostimulant • Skin healing • Reduce the appearance of wrinkles, blemishes, and minor skin imperfections. • Balancing effect on emotions • Reduce stress, depression, and anxiety • Moisturizing and cooling to skin conditions such as dryness, inflammation, scars, sores, eczema and wounds. • Insect repellent • Helps boost a compromised immune system. • Emotionally helpful towards balancing overthinking and worry. It is uplifting and an exquisite oil to use during times of situational depression and anxiety. Patchouli essential oil can open the mind and heart, heightening the senses and connecting with one's sensual inner being.

Synergy	Energetics
<p>Synergy 1 Patchouli alcohol (analgesic, anti-ageing, anti-atherogenic, antibacterial, antifungal, anti-inflammatory, antitumoral antispasmodic, antiviral - influenza, gastro-protective, immunostimulant, neuroprotective, sedative).</p>	<p>Energetics A master of transmutation, patchouli grounds the energy into the physical experience, reminding us to stay in the moment and connect to the environment. Helps anchor the spirit when doing psychic work.</p>

Synergy 1 Primary Combinations
Indian valerian (sugandhawal) .

Synergy 1 Secondary Combinations
none.

Synergy 2
 α -Bulnesene, α -guaiene, β -guaiene, seychellene, β - and γ -patchoulene, aromadendrene, pogostone (properties not identified; all but aromadendrene unique to patchouli).

Energy
Neutral.

Five Element Affinity
Earth, Water

References
(Warner, 2018, pp. 175, 176)
(Holmes, 2016, p. 284)

Synergy 2 Primary Combinations
balsam copaiba, cistus (aromadendrene).

Synergy 2 Secondary Combinations
none.

Traditional Synergy Therapeutic Potential (Psychological)

Poor self-image, low self-esteem, confidence issues: black pepper, jasmine sambac, neroli, orange blossom abs., osmanthus, patchouli, rose, rosemary, sandalwood, sweet orange, vanilla, vetiver, ylang ylang
 Stress, irritability, anxiety, low mood: balsam copaiba, black pepper, combava peel, Indian valerian, lavender, lime, nagarmotha, rose, sandalwood, spikenard, sweet orange, ylang ylang.

Traditional Synergy Therapeutic Potential (Physical)

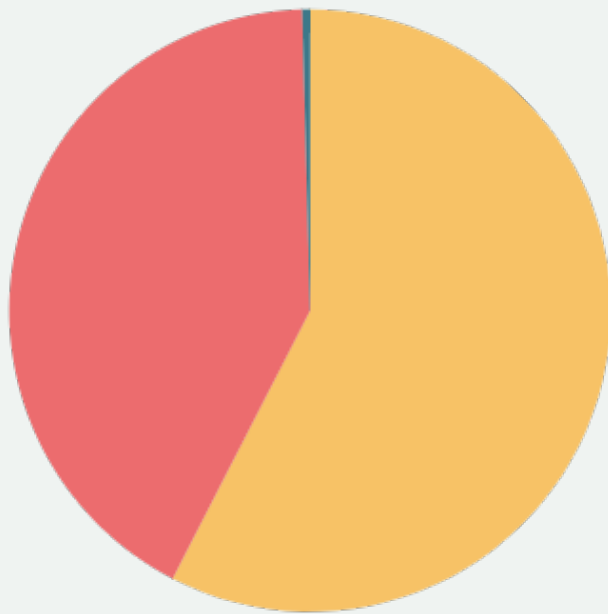
Acne, inflammation, eczema, wounds, photo-ageing:- balsam copaiba, blackcurrant bud, cannabis, cypress, jasmine, Lebanese cedarwood, myrrh, plai, rose, sandalwood, vetiver, Virginian cedar
 Constipation: bitter orange, clary sage, mandarin, rose, sweet orange
 Immune support: balsam copaiba, clove bud, frankincense, ghandi root, ginger, lemongrass, lime, mastic, nutmeg, palmarosa, Roman chamomile, rosewood, sandalwood
 Musculoskeletal inflammation, pain, tension: balsam copaiba, black pepper, clary sage, clove bud, lavender, geranium, ginger, lemongrass, nagarmotha, nutmeg, sandalwood

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
 Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings	
Base	Meditative	2	Circulatory/Lymphatic 2
	Balancing	2	Immune/Infection 2
	Sensual	3	Reproductive 2
			Skin 3

Ingredient notes



Chemical families

sesquiterpenes	48.31%
sesquiterpenols	35.28%
oxides	0.35%

Complete chemical breakdown

sesquiterpenes

b-caryophyllene & α -guaiene	16.7%
α -bulnesene	16.33%
α -patchoulene & seychellene	13.07%
b-patchoulene	2.21%

oxides

caryophyllene oxide	0.35%
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sesquiterpenols

patchoulol	35.28%
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