

Sesquiterpenols

CHEMICAL FAMILY

Like sesquiterpenes, sesquiterpenols are made up of a 15-carbon backbone with the hydroxyl functional group (-OH) added to it. Essential oils high in sesquiterpenols are considered grounding and tend to be on the heavier side, consisting of mostly base notes.

THERAPEUTIC PROPERTIES

ANTIBACTERIAL	ANTISPASMODIC	ANTI-INFLAMMATORY
ANTI-MYCOTIC	CALMING	COOLING
GROUNDING	IMMUNE STIMULANT	SEDATIVE
SKIN HEALING	TONIC TO LYMPHATIC	ULCER PREVENT

COMMON SESQUITERPENOLS CHEMICALS

MOLECULAR STRUCTURES

alpha-cadinol	alpha-bisabolol	beta-farnesol
nerolidal	viridiflorol	patchouli alcohol
cedrol	widdrol	beta-santalol

**ESSENTIAL OILS CONTENT OF SESQUITERPENOLS
SESQUITERPENOLS % CONTENTS**

Essential Oils	Percentage
Rosewood	83%
Palmarosa	82%
Coriander	76%
Garden Thyme	74%
Catnip	64%
Geranium	60%
Carrot Seed	49%
Neroli	48%
Lavandin	45%
Lavender	44%
Ormenis	44%
Rosalina	44%
Citronella	38%
Petitgrain	34%
Lemon Eucalyptus	28%
Spanish Marjoram	25%
Ylang Ylang	25%
Bay Laurel	22%
Marjoram	20%
Winter Savory	19%

**ESSENTIAL OILS CONTENT OF SESQUITERPENOLS
SESQUITERPENOLS % CONTENTS**

Essential Oils	Percentage
Bergamot	18%
Clary Sage	17%
Sage	16%
Ginger	15%
Fennel	14%
Eucalyptus Radiata	13%
Lemongrass	13%
Niaouli	13%
Cistus	12%
Myrtle	12%
Rosemary	12%
Basil	11%
Cambava	11%
Ravensara	9%
Cypress	8%
Douglas Fir	8%
Thyme	8%
Yarrow	8%
Cajeput	7%
Parsley	7%

**ESSENTIAL OILS CONTENT OF SESQUITERPENOLS
SESQUITERPENOLS % CONTENTS**

Essential Oils	Percentage
Spearmint	7%
Caraway Seed	6%
Cinnamon Bark	6%
Helichrysum	6%
Jasmine	6%
Mandarin	6%
Anise	5%
Wild Tansy	5%
Melissa	5%
Roman Chamomile	5%
Tea Tree	5%
Valerian	5%
Fleabane	4%
Frankincense	4%
Goldrenrod	4%
Orange	4%
Peppermint	4%
Rosemary Verbenon	4%
Bitter Orange	3%
Cassia	3%

ESSENTIAL OILS CONTENT OF SESQUITERPENOLS
SESQUITERPENOLS % CONTENTS

Essential Oils	Percentage
Lemon	3%
Lime	3%
Celery Seed	2%
Eucalyptus Dives	2%
Elemi	2%
Eucalyptus	2%
Hyssop	2%
Ledum	2%
Nutmeg	2%
Pine	2%
Spruce	2%
Tangerine	2%
White Fir	2%
Grapefruit	1%
Oregano	1%
Onycha	1%