

Balsam

COMMIPHORA OPOBALSAMUM

There are several different varieties of balsam that are used in aromatherapy. This type derives from the *C. Opobalsamum* bush, which produces a fragrant resin that was a popular herbal remedy in ancient times.

COUNTRY OF ORIGIN

Egypt, Saudi Arabia, Ethiopia and Sudan

EXTRACTION METHOD

Dry distillation of the crude resin

PLANT PART

Resin

BOTANICAL FAMILY

Burseraceae

CHEMICAL FAMILY

The main components of the plant are α -cadinol, α -calacorene and terpinen-4-ol

AROMA

Sweet, woody, balsamic scent

NOTE

Base

SAFETY

- Generally non-toxic, although may cause skin sensitization if used in large quantities.



THERAPEUTIC PROPERTIES

ANTISEPTIC	ASTRINGENT	EXPECTORANT
ANALGESIC	CARMINATIVE	HYPOTENSIVE
ANTIOXIDANT	DIGESTIVE	

BODY SYSTEMS

CIRCULATORY

HIGH BLOOD PRESSURE

DIGESTIVE

DIGESTIVE ISSUES

IMMUNE

INFECTIONS

INTEGUMENTARY

INSECT BITES

MUSCULAR

ACHES AND PAINS



BODY SYSTEMS (CONT.)

REPRODUCTIVE

INFERTILITY

RESPIRATORY

COLDS AND COUGHS

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5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS