

# Bay Laurel

LAURILUS NOBILIS

A versatile oil derived from the evergreen laurel tree – Bay Laurel is most well-known for its leaves, which are a popular culinary ingredient in all cuisines. The essential oil from the plant is most commonly used to treat muscular aches, respiratory problems and digestive complaints

## COUNTRY OF ORIGIN

Mediterranean, Greece

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Flowers and Leaves

## BOTANICAL FAMILY

Lauraceae

## CHEMICAL FAMILY

Mainly cineol (also known as eucalyptol)

## AROMA

Sweet & Spicy

## NOTE

Middle

## SAFETY

- Avoid during pregnancy
- Use with extreme care, in very low dilutions
- Potentially narcotic effects
- May cause dermal irritation or skin sensitization.

Apply topically to the affected area, or add 1-2 drops to a bath or warm compress. Inhale from a handkerchief to treat respiratory conditions. Bay Laurel is not recommended for internal use.

## THERAPEUTIC PROPERTIES

|                |             |             |
|----------------|-------------|-------------|
| ANALGESIC      | DIURETIC    | STOMACHIC   |
| ANTI-RHEUMATIC | EMMENAGOGUE | DIGESTIVE   |
| ANTISEPTIC     | EXPECTORANT | SEDATIVE    |
| ASTRINGENT     | FUNGICIDAL  | HYPOTENSIVE |
| BACTERICIDAL   |             |             |
|                |             |             |
|                |             |             |
|                |             |             |

## BODY SYSTEMS

CIRCULATORY

HIGH BLOOD PRESSURE

DIGESTIVE

INDIGESTION, FLATULENCE & LOSS OF APPETITE

INTEGUMENTARY

BRUISES & FUNGAL INFECTIONS

LYMPHATIC

DETOX

NERVOUS

INSOMNIA



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