

# Cistus Labdanum

CISTUS LADANIFER

The aromatic gum sourced from the Labdanum shrub has been used as a medicinal remedy since ancient times. It is often used as a fragrance in toiletries, perfumes, food, and drinks. It is also known as Rose of Sharon oil, as its flowers are found on the fertile Plain of Sharon in Israel.

## COUNTRY OF ORIGIN

France, Spain

## EXTRACTION METHOD

Solvent Extraction or Steam Distillation

## PLANT PART

Flowers and Leaves

## BOTANICAL FAMILY

Cistaceae

## CHEMICAL FAMILY

Contains over 170 pinenes

## AROMA

Sweet & Spicy

## NOTE

Base-Middle

## SAFETY

- Avoid during pregnancy

## THERAPEUTIC PROPERTIES

|                  |                   |              |
|------------------|-------------------|--------------|
| ANTI-INFECTIOUS  | ANTI-INFLAMMATORY | HYPOTENSIVE  |
| ANTI-VIRAL       | IMMUNE STIMULANT  | SKIN HEALING |
| ANTIBACTERIAL    | SEDATIVE          | COOLING      |
| ANTI-HEMORRHAGIC |                   |              |
|                  |                   |              |
|                  |                   |              |
|                  |                   |              |
|                  |                   |              |

## BODY SYSTEMS

CIRCULATORY

LOWER BLOOD PRESSURE & PALPITATIONS

DIGESTIVE

IRRITABLE BOWEL SYNDROME & CROHN'S DISEASE

INTEGUMENTARY

OILY & DRY SKIN, INSECT BITES & ACNE

LIMBIC

ANXIETY & DEPRESSION

REPRODUCTIVE

PMS & MENOPAUSE



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