



Coriander

CORIANDRUM SATIVUM

Widely used as a culinary herb, coriander is also a useful essential oil in aromatherapy. Its sweet, spicy scent combines well with other oils, making it an excellent addition to blends for muscular or digestive problems, among others

COUNTRY OF ORIGIN

Europe and western Asia

EXTRACTION METHOD

Steam Distillation

PLANT PART

Seeds

BOTANICAL FAMILY

Apiaceae

CHEMICAL FAMILY

Mainly linalol

AROMA

Sweet, spicy, musky scent

NOTE

Middle

SAFETY

- Generally non-toxic and non-irritant
- Use with moderation - can be stupefying in large doses

May be diffused or used in massage, inhalations, or baths..

THERAPEUTIC PROPERTIES

ANALGESIC	BACTERICIDAL	LIPOLYTIC
APERITIF	DEPURATIVE	STIMULANT
APHRODISIAC	DIGESTIVE	STOMACHIC
ANTIOXIDANT	CARMINATIVE	ANTI-INFLAMMATORY
ANTI-RHEUMATIC	CYTOTOXIC	ANTIBACTERIAL
ANTISPASMODIC	FUNGICIDAL	

BODY SYSTEMS

CIRCULATORY

CIRCULATION

DIGESTIVE

GAS AND NAUSEA

ENDOCRINE

BLOOD SUGAR

INTEGUMENTARY

RASHES AND ITCHY SKIN, HEALTHY HAIR, BODY ODOR

LIMBIC

EMOTIONAL BALANCE



BODY SYSTEMS (CONT.)

NERVOUS

LOW ENERGY

REPRODUCTIVE

PMS & MENOPAUSE

SKELETAL

JOINT PAIN

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