

Litsea

LITSEA CUBEBA

Litsea essential oil is derived from the plant Litsea cubeba, which is native to Asia. The oil has a fresh, citrusy scent and is often used in aromatherapy. It is said to have calming and uplifting properties and can be used to help relieve stress and anxiety.

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| COUNTRY OF ORIGIN | India, East Asia |
| EXTRACTION METHOD | Steam Distillation |
| PLANT PART | Flower |
| BOTANICAL FAMILY | Lauraceae |
| CHEMICAL FAMILY | Aliphatic Aldehydes, Monoterpenes |
| AROMA | Fresh, sweet |
| NOTE | Top/Middle |

SAFETY

- No known cautions

THERAPEUTIC PROPERTIES

Litsea essential oil has a wide range of therapeutic properties. It is antiviral, antibacterial, antifungal, anti-inflammatory, and antispasmodic. It is also a vermifuge, meaning it helps eliminate worms.

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| ANALGESIC | ANTI-ANXIETY | ANTIBACTERIAL |
| ANTICONVULSANT | ANTIDEPRESSANT | ANTIFUNGAL |
| ANTI-INFLAMMATORY | ANTIMICROBIAL | ANTISPASMODIC |
| ANTIVIRAL | SEDATIVE | |
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BODY SYSTEMS

CIRCULATION

COLDS

DIGESTIVE

AIDS WITH DIGESTION

ENDOCRINE

EMOTIONAL BALANCE, DEPRESSION, ANXIETY, STRESS

NERVOUS

AIDS WITH NERVOUS SYSTEM FUNCTION



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