



Name	Latin Name	Origin
Bay Laurel	Laurus Nobilis	Turkey
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$12	
Part of plant	Safety note	Conservation Status

Leaves	<ul style="list-style-type: none"> • Non-toxic, though it may cause skin irritation or sensitization, especially if oxidized. • For some people, its use in a steam inhalation may irritate the mucous membrane. • The chemistry of this particular essential oil is milder than the common ones high in 1,8 cineole or methyl eugenol. 	<p>Least Concern</p> <p>Unlikely to become extinct in the near future.</p>
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Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Also known as laurel leaf • Rich in monoterpenols 	<ul style="list-style-type: none"> • <input type="checkbox"/> Analgesic • Antibacteria • <input type="checkbox"/> Anti-inflammatory • <input type="checkbox"/> Antispasmodic • <input type="checkbox"/> Decongestant • <input type="checkbox"/> Diuretic • <input type="checkbox"/> Expectorant • <input type="checkbox"/> Febrifuge • <input type="checkbox"/> Respiratory and digestive system support • <input type="checkbox"/> Might help reduce allergy symptoms • <input type="checkbox"/> Used to reduce swollen lymph glands and is a broad-spectrum antimicrobial • <input type="checkbox"/> Alleviates cold and allergy symptoms like sneezing, stuffy head, and general respiratory congestion • <input type="checkbox"/> Known to ease muscle aches, pains, and headaches • <input type="checkbox"/> Emotionally boosts confidence and help with mental clarity and focus, warming, uplifting and invites positive thinking
Synergy	Energetics

Energetics
 Laurus nobilis translates to noble is steeped in Greek mythology and was dedicated to Apollo; it is said Daphne, a nymph, was transformed into Laurel tree after she pleaded with the other gods to protect her from Apollo's amorous advances. Pythia, the Oracle of Delphi and her priestesses would use Laurel to bring

visions & prophesy by burning or rustling the leaves. Laurel offers the gift of creativity, she brings inner renewal, clarity, strength and a calm confidence.

Energy

Neutral to warm.

Five Element Affinity

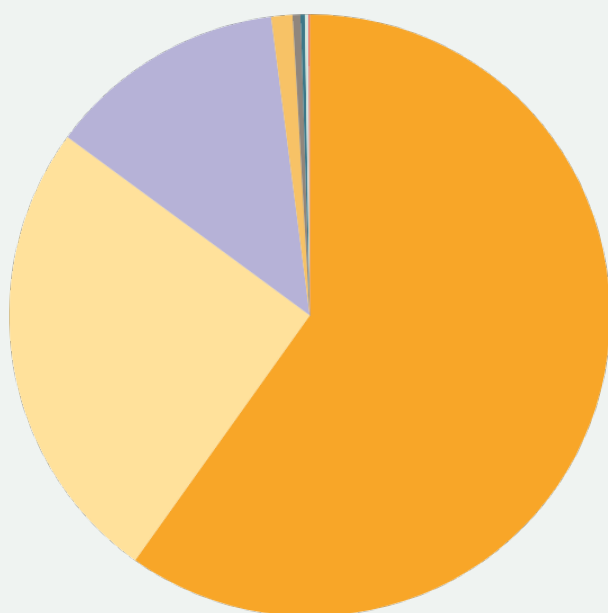
Metal, Earth, Wood (Holmes, 2019) (Mojay, 1997)

References

(Mojay, 1997) (Holmes, 2019) (Battaglia, 2018) (Lyree)

Scent Notes	Psychological rankings	Physical rankings
Top middle	Meditative	1 Circulatory/Lymphatic 2
	Energising	3 Digestive 2
		Immune/Infection 3
		Muscular/Skeletal 2
		Neurological 1
		Respiratory 1

Ingredient notes



Chemical families

monoterpenols	58.029%
monoterpenes	24.436%
esters	12.462%
sesquiterpenes	1.11%
phenols	0.413%
oxides	0.213%
ketones	0.189%
sesquiterpenols	0.066%

Complete chemical breakdown

monoterpenols

eucalyptol	51.576%
terpinen-4-ol	2.042%
α -terpineol	1.682%
linalool	1.468%
γ -terpinene	0.81%
d-terpineol	0.353%
borneol	0.098%

monoterpenes

sabinene	10.24%
α -pinene	5.073%
β -pinene	4.106%
limonene	1.265%
myrcene	1.113%
p-cymene	0.977%
α -phellandrene	0.433%
α -terpinene	0.391%
α -thujene	0.335%
camphene	0.181%
terpinolene	0.177%
β -ocimene	0.085%

esters

α -terpinyl acetate 11.441%

terpinyl acetate 0.645%

neryl acetate 0.208%

bornyl acetate 0.094%

geranyl acetate 0.039%

linalyl acetate 0.035%

phenols

eugenol 0.413%

ketones

pinocarvone 0.113%

camphor 0.076%

d-3-carene 0.06%

sesquiterpenes

β -caryophyllene 0.43%

β -elemene 0.374%

germacrene d 0.119%

β -selinene 0.111%

d-cadinene 0.076%

oxides

caryophyllene oxide 0.213%

sesquiterpenols

spathulenol 0.066%
