



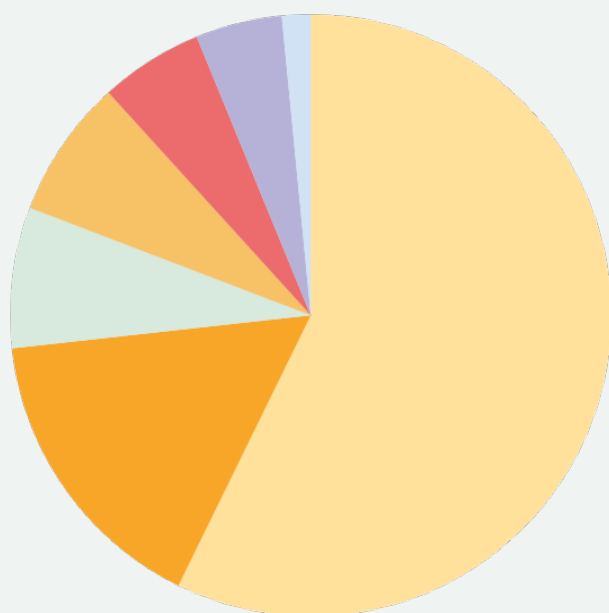
Name	Latin Name	Origin
Cistus (Rock Rose)	Cistus ladanifer	Spain
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$44	
Part of plant	Safety note	Conservation Status
Leaves and twigs	No known safety issues	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Also known as labdanum • Rich in monoterpenes 	<ul style="list-style-type: none"> • Analgesic • Antibacterial • Antimicrobial • Antiviral • Astringent • Immunostimulant • Anti-inflammatory. • Mucolytic • Useful when treating acne, eczema and prevent scarring with chickenpox. • Known for its anti-aging properties. • Wound and scars treating abilities. • Reduce spastic coughing, and as an expectorant for a cold or flu. • Support the adrenal glands, immune system and to balance the menstrual cycle . • Meditation supporter • Emotionally, it quiets and restores. This essential oil is often the first choice in times of crisis as it can help ease the emotional shock associated with trauma. Cistus essential oil soothes the heart and helps restore after challenging moments or situations have happened.

Synergy	Energetics
	<p>Energetics Helps access self-identity as a reflection of the true inner source, assisting in establishing boundaries while seeking and embodying your inner convictions</p> <p>Energy Neutral</p> <p>Five Element Affinity Metal, Fire</p>

References
(Holmes, 2019, p. 165)
(Holmes, 2019, p. 164)

Scent Notes	Psychological rankings	Physical rankings		
Middle base	Meditative	2	Circulatory/Lymphatic	2
	Sensual	1	Immune/Infection	1
				Skin
Ingredient notes				



Chemical families

monoterpenes	43.08%
monoterpenols	12.03%
ketones	5.69%
sesquiterpenes	5.6%
sesquiterpenols	4.18%
esters	3.5%
aldehydes	1.16%

Complete chemical breakdown

monoterpenes

α -pinene	32.1%
camphene	4.64%
p-cymene	1.86%
d-limonene	1.23%
γ -terpinene	1.02%
pinadiene	0.71%
α -terpinene	0.53%
b-pinene	0.46%
terpinolene	0.32%
α -thuyene	0.21%

ketones

trimethyl-cyclohex-2-en-1-one	2.49%
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monoterpenols

trans-pinocarveol	5.96%
terpinen-4-ol	1.74%
borneol	1.7%
myrtenol	1.17%
unidentified monoterpenol	0.59%
α -terpineol	0.55%
linalool	0.32%

sesquiterpenes

ledene	2.9%
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isopinocampone	1.23%
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2-nonanone	0.99%
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unidentified ketones	0.65%
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verbenone	0.33%
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sesquiterpenols

viridiflorol	3.14%
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ledol	1.04%
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aldehydes

myrtenal	0.81%
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α -campholene	0.35%
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aromadendrene	1.1%
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γ -muurolene	0.55%
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b-copaene	0.41%
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isolekene	0.39%
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α -copanene	0.25%
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esters

bornyl acetate	3.06%
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menthyl acetate	0.44%
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