

LabAroma.

Name	Latin Name	Origin
Coriander Seed	Coriandrum Sativum	France
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$17.24	
Part of plant	Safety note	Conservation Status
Seeds	No known safety issues	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Monoterpenol rich 	<ul style="list-style-type: none"> • Analgesic • Anti-inflammatory • Antibacterial • Antimicrobial • Antioxidant • Antispasmodic • Anxiety relieving • Cephalic • Digestive Aid • Immunostimulant • Skin healing • Tonic • Helps bring mental clarity, helps clear foggy thinking. • Effective when treating stress headaches. • A general immune system stimulant. • Reduces pain. • Emotionally warming and can help calm nervous energy, assist in reducing stress, and potentially aid in managing situational depression.

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy d-Linalool (yet to be established).</p> <p>1st essential oil synergy combinations grapefruit, helichrysum, jasmine .</p> <p>2nd essential oils synergy combinations bergamot mint, lavender, neroli, rosewood .</p> <p>2nd component synergy α-Pinene, β-terpinene, γ-pinene, para-cymene, camphor, geraniol, camphene (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antioxi-</p>	<p>Energetics Believed to contain the secret to happiness (Mojay, 1997, p. 64) Coriander seed is said to be a pineal restorative which may boost psychic abilities. It offers restoration & security to those that have felt discouraged for a long time. (Holmes, 2019, p. 183) Used in love potions in Babylonian times it was thought to help partners be faithful. (Kerkhof, 2018, p. 78)</p> <p>Energy Neutral to warm</p> <p>Five Element Affinity Fire, Earth, Metal</p> <p>References</p>

dant, antispasmodic, antiviral, anxiolytic, chondroprotective, expectorant, gastroprotective, sleep enhancement, vasorelaxant) .
 (Mojay, 1997, p. 64)
 (Holmes, 2019, p. 183)
 (Kerkhof, 2018, p. 78)
 (Holmes, 2019, p. 184)

1st essential oil synergy combinations
 hemlock, maritime pine, Scots pine, Siberian fir, white spruce .

2nd essential oils synergy combinations
 angelica root, bergamot, black pepper, carrot seed, cistus, combava peel, cypress, dwarf pine, frankincense, geranium, juniperberry, lime, mandarin, nutmeg, sitka spruce, sweet marjoram, yuzu.

Potential psychological therapeutic solutions
 Tension, stress, anxiety, depression: bergamot mint, black pepper, combava peel, dwarf pine, frankincense, grapefruit, jasmine, lime, lavender, mandarin, neroli, rose, rosewood, sandalwood, sweet marjoram, ylang ylang, yuzu
 Cognitive decline: cardamom, lemon, plai.

Potential physical therapeutic solutions
 Acne (mild), skin hygiene: cannabis, clary sage, combava peel, helichrysum, clary sage, plai, rose, sweet orange, vetiver
 Appetite stimulation, digestive support, cramp: angelica root, basil ct linalool, black pepper, dill, caraway, carrot seed, cardamon, clove bud, fennel, ginger, lime, mandarin, nutmeg, spearmint, yuzu
 Pain, inflammation, arthritis, rheumatism: bergamot mint, black pepper, cardamon, grapefruit, hemlock, juniperberry, lavender, lemongrass, nutmeg, plai, Scots pine, Siberian fir, sweet marjoram, turmeric, white pine, white spruce

References
 Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
 Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings
Top middle	Balancing	2 Digestive 2
	Calming	2 Immune/Infection 2
	Energising	2 Muscular/Skeletal 2
		Neurological 1
		Skin 2

Ingredient notes

Chemical families

monoterpenols	83.9%
monoterpenes	6%
ketones	3.2%
esters	1.7%

Complete chemical breakdown

monoterpenols

linalool	74.4%
g-terpinene	7.9%
geraniol	1.6%

ketones

camphor	3.2%
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monoterpenes

α -pinene	4.2%
limonene	1.8%

esters

geranyl acetate	1.7%
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