

QUICK REFERENCE SHEET

MULLEIN

Verbascum thapsus



Infused in:
Almond Oil



Extraction Method:
Cold Pressed



Part Utilized:
Flower

CONSISTENCY:

medium weight, very light yellow color

AROMATIC CONSIDERATIONS:

slight flower/herb aroma

APPLICATION:

Mullein Carrier Oil can be used all by itself, 100%.

GENERAL INFORMATION:

Mullein has been used for centuries because of its outstanding medicinal properties. The herb Mullein grows in dry, barren places. Following the ancient law of signatures, this would indicate that Mullein is an herb for respiratory conditions, especially those where the lungs need “drying out.” Mullein also has anti-bacterial, anti-inflammatory, and anti-spasmodic properties, thus increasing its value in respiratory ailments and is certainly recommended for use as a carrier oil with these conditions.

Mullein Oil is one of the ingredients in EO made by Butterfly Express LLC for use with earaches and infections. Mullein is often added to herbal poultices to provide emollient and healing properties and to offset the astringency of some anti-infectious herbs. The infused oil can be used in much the same way. Mullein Oil, as a carrier oil, should be used when applying oils to the chest for infections, coughs, and congestion. It can be used in the ears, alone or as part of the EO recipe, to relieve the pain of ear infections and fight the bacterial involved. It can also be of benefit as a carrier oil when working with inflammation and pain. Mullein is gentle enough to be used on babies for diaper rash and for cracked nipples with nursing mothers.

WHAT IS A CARRIER OIL:

Carrier or base oils are often applied in conjunction with an essential oil. The common industry term for carrier oils is fixed oils. These oils are made from vegetables, nuts, seeds, and flowers. They are considered by many to have therapeutic properties of their own.

Carrier oils are used for several different reasons. One major reason is that pure essential oils are often too concentrated to be applied undiluted to the skin. Adding essential oils to a carrier oil also allows the oil to be spread over a larger application area and to be absorbed more evenly. Many essential oils are quite expensive, and because they are so highly concentrated, one or two drops may be all that you need. The use of a smaller quantity of essential oil is often more beneficial than a larger quantity and is certainly less likely to cause any type of reaction.