BAY

Pimenta racemosa

Plant Family: Myrtaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves

Region of Origin:

West Indies

AFFINITY FOR:

digestion, lymph drainage, circulation, respiration, yang energy

THERAPEUTIC PROPERTIES:

stimulant, expectorant, antiseptic, antibiotic, antispasmodic, emmenagogue, febrifuge, insecticide, sedative, neuralgic

AROMATIC CONSIDERATIONS:

Bay has a sweet, spicy, balsamic aroma. It diffuses well, but care should be taken when inhaling. Bay is pungent and may burn the delicate lining of the nostrils.

APPLICATION:

Bay, diluted well, may be applied to the feet or any area of the body.

CAUTIONS:

Bay should be used in small amounts and always be well diluted. It is one of the stronger essential oils and may cause skin and mucus membrane irritation if used undiluted.

INGREDIENT IN:

LeEnergy, LeFocus, LeMariah

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Bay essential oil is for those times when you are feeling lost, alone, or not strong enough to face every day events. Bay produces layers of emotions, most of them centering around feelings of safety and protection. The aroma of Bay makes you feel as though you have just been wrapped in the arms of a loving and protective father. The anchor of this complex oil is trust in yourself, and in your own emotional and spiritual strength and resilience.

PHYSICAL ASPECTS:

Bay, Pimenta racemosa, is a close cousin to Allspice. As Bay increases circulation, it creates a sensation of heat—much like commercial sports rubs. This increase in circulation brings relief to muscle spasms, sprains, arthritis, and neuralgia. Bay is commonly used as an ingredient in massage oils to stimulate lymph drainage and blood circulation. Bay oil has also been used traditionally to bring relief from digestive complaints. It is an expectorant and mucolytic for the lungs and sinuses. Bay leaf is also said to improve memory and relieve headaches that are related to poor circulation in the neck and shoulders. Bay is a very strong antiseptic, antibiotic, and antiviral essential oil.

GENERAL INFORMATION:

Bay is not the same plant or essential oil as Laurel (Laurus nobilis), although they are often confused. See Laurel for further information on these two species of essential oils.

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