

## QUICK REFERENCE SHEET

# COFFEE

*Coffea arabica*



Plant Family:  
Rubiaceae



Extraction Method:  
Absolute/Solvent



Part Utilized:  
Bean



**Region of Origin:**  
Brazil

### AFFINITY FOR:

skin, hair, respiratory, nervous, digestive, immune, muscular, brain

### THERAPEUTIC PROPERTIES:

analgesic, decongestant, stimulant, antidepressant, antioxidant, tonic, diuretic

### AROMATIC CONSIDERATIONS:

Strong rich aroma of fresh brewed coffee.

### APPLICATION:

Coffee oil can be diluted and applied to the body or diffused. Inhaling the aroma of Coffee essential oil can cleanse the olfactory bulb and any smells it is holding onto.

### ! CAUTIONS:

Coffee essential oil is not suggested for use by pregnant women, nursing mothers, and children. It may be contraindicated for someone with a history of seizures. Coffee essential oil contains a small amount of caffeine, and when used in large quantities may cause heart palpitations in some individuals who are sensitive to caffeine.

### INGREDIENT IN:

LeAutumn

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The invigorating fragrance of this oil is emotionally and mentally uplifting. Coffee oil is said to be highly efficient for dealing with numerous disorders related to the nervous system like stress, anxiety, and depression. It also helps improve concentration and the ability to focus.

### PHYSICAL ASPECTS:

Due to its wide range of antioxidants, Coffee essential oil is beneficial for improving immunity and neutralizing free radicals. A few studies have indicated that its antioxidants help enhance liver function. These antioxidants along with the high amounts of vitamin E, sterols, and fatty acids found in Coffee oil make it wonderful for skin health. Coffee oil has been used to enhance the production of collagen, helping eliminate wrinkles and soften skin, and has been beneficial in preventing and treating cellulite. It has also been used as an effective hair treatment to promote strong and healthy hair.

Coffee oil can be used to aid respiratory function, helping to clear stuffy noses and chest congestion, and to unclog the ear canal. It has also been used to reduce fevers. The aroma of this oil is beneficial for easing nausea, and can stimulate the appetite. Because of its analgesic properties, Coffee oil can be used topically and added to a bath to relax muscles, and lessen joint and muscle pain. Coffee oil can be used to calm headaches and migraines. Applied topically to insect bites and stings, Coffee oil may decrease pain and swelling, and reduce irritation.