

## QUICK REFERENCE SHEET

# DRAGONHEAD

*Dracocephalum moldavica*



Plant Family:  
Lamiaceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Flowering Tops, Leaves



Region of  
Origin:  
Bulgaria

### AFFINITY FOR:

immune system, digestive system

### THERAPEUTIC PROPERTIES:

analgesic, antibacterial, antifungal, anti-inflammatory, antimicrobial, cardiovascular tonic, immunostimulant, sedative, stomachic

### AROMATIC CONSIDERATIONS:

A fresh, smooth, lemony fragrance.

### APPLICATION:

Diffuse, use in baths, or apply topically.

### ! CAUTIONS:

As a newcomer to the essential oil industry it is always a good idea to use caution with pregnancy and children.

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Dragonhead is useful for uplifting the spirit, lightens heavy emotions and gives the heart courage. It relieves stress and helps us to calm down and approach a subject with a fresh perspective. This is a great oil for use during times of restlessness, anxiety, and emotional exhaustion.

### PHYSICAL ASPECTS:

This essential oil calms emotion while boosting the immune system, relieves pain, helps with inflammation, and is helpful for digestive upsets. Dragonhead has been indicated in studies to help ease altitude sickness. It also helps with gastrointestinal complaints, stomach cramps, and helps increase the formation of gastric acid. It fights infections and will help ease the symptoms of the flu. Dragonhead also increases the functions of the liver and bile. Reduces the pain and inflammation of sprains. This essential oil often has a positive effect on high blood pressure.

### GENERAL INFORMATION:

A rare essential oil that has geranyl acetate as one of its main constituents at 44%! Dragonhead is harvested from beautiful dragon-shaped deep purple flowers, from which it gets its name. It yields a very small amount which is why it is more expensive.