

QUICK REFERENCE SHEET

FRAGONIA

Agonis fragrans



Plant Family:
Myrtaceae



Extraction Method:
Steam Distilled



Part Utilized:
Terminal Branches



Region of
Origin:
Australia

AFFINITY FOR:

respiratory, immune system, emotional balance, reproductive

THERAPEUTIC PROPERTIES:

antibacterial, anti fungal, anti-infectious, antimicrobial, anti-inflammatory, expectorant, immune stimulant, antidepressant, analgesic

AROMATIC CONSIDERATIONS:

Fragonia has an earthy fresh aroma similar to but sweeter than Tea Tree, with light Eucalyptus notes.

APPLICATION:

Diffused or vaporized, as a massage oil or in the bath, gentle enough to be applied anywhere.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Fragonia essential oil is very relaxing and calming. It is great for anxiety and emotional stress, providing feelings of peace and tranquility. Fragonia can be used to release emotional blocks and past emotional trauma, and is beneficial in lifting feelings of grief. This oil promotes balance in all things, body, mind and soul, and supports deep change in our psyche.

PHYSICAL ASPECTS:

Fragonia has powerful antimicrobial and expectorant properties. There have been case studies of Fragonia being used very effectively in cases of bacterial tonsillitis and has had amazing results with respiratory infections. It comes highly recommended for all respiratory disorders, whether in the sinuses or in the lungs, including asthma. Fragonia has been used to fight thrush and candida. It is also said to stimulate and enhance the immune system.

Fragonia can be used to regulate hormonal imbalances. Clinical research conducted in Australia found that Fragonia oil was effective in eliminating cramps, bloating, irritation, and depression associated with menstruation. Due to its anti-inflammatory and analgesic properties, Fragonia oil is beneficial for muscle and joint pain, especially the pain that comes with arthritis, and can provide relief for tired muscles. It can help overcome jet lag or body clock issues.

GENERAL INFORMATION:

Fragonia is considered a very balanced oil. It contains three component families, oxides, monoterpenes, and monoterpenols in nearly equal parts. This is rarely seen with other essential oils and is said to be responsible for its wide range of uses, especially its balancing and harmonizing effects.