QUICK REFERENCE SHEET

HEMP

Cannabis sativa

Plant Family: Cannabaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves, Flowers

Region of Origin:

Italy

AFFINITY FOR:

central nervous system, muscles and joints, eyes, skin

THERAPEUTIC PROPERTIES:

analgesic, anti-inflammatory, sedative, antidepressant, antimicrobial, muscle relaxant, anti-carcinogen

AROMATIC CONSIDERATIONS:

Strong, earthy, herbal.

CAUTIONS:

Cannabis is being heavily researched at the moment and I am sure we will be learning a lot more about it and it's many compounds in the future. I have not found any cautions with the use of the steam distilled essential oil, however, it is a potent oil and should be used only a few drops at a time and diluted when applied to the skin.

INGREDIENT IN:

[Le]Intensity, [Le]Vision

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Hemp essential oil provides a general feeling of peace and tranquility, promotes optimism and self confidence, and reduces stress. It is used to enhance both emotional and mental well-being, and is an excellent oil for relaxation of body and mind, lifting the spirit, and promoting creativity.

PHYSICAL ASPECTS:

Hemp essential oil is renowned for its ability to reduce anxiety and depression. One of the main components in Hemp essential oil is myrcene, a chemical compound which has been found in medical studies to carry antidepressant and anxiolytic (anti-anxiety) properties. The other main component of Hemp essential oil, beta-caryophyllene is said to help reduce anxiety and depression as well.

Both myrcene and beta-caryophyllene have anti-inflammatory properties, making this oil beneficial for inflammatory conditions such as arthritis, asthma, multiple sclerosis, and Crohn's disease. Along with it's anti-inflammatory effects Hemp essential oil is said to have direct pain-killing properties and is used for controlling pain in nerves, joints, and muscles. This is a great oil to reach for to reduce headaches and dull the ache of migraines.

Hemp essential oil is very relaxing and is used as a sedative to treat insomnia and to improve the quality and depth of sleep. This oil is used for psoriasis and eczema and is said to be very beneficial to the skin, protecting the skin and slowing down signs of aging while stimulating the growth of new skin cells and shedding dead cells. It has also been used to prevent and treat glaucoma and macular degeneration.

©2020 Butterfly Expressions LLC