QUICK REFERENCE SHEET

HINOKI

Chamaecyparis obtusa

Plant Family: Coniferae

Extraction Method: Steam Distilled

Part Utilized: Wood

Region of Origin:

Japan

AFFINITY FOR:

nerves, sinus cavities, skin, respiratory system, lymphatic system

THERAPEUTIC PROPERTIES:

antiviral, antifungal, antibacterial, decongestant, relaxant

AROMATIC CONSIDERATIONS:

The aroma of Hinoki is reminiscent of cedar, but is milder and much less woodsy, with a delightful hint of Lemon. Hinoki is excellent in lighter, more floral blends because it does not add an overpowering cedar tone. Hinoki is a wonderful way to relax and unwind at the end of the day. Taking a relaxing bath in Hinoki essential oil provides a quiet, serene form of energy that carries through the rest of the evening. Hinoki oil can be used to carve out a soothing and relaxing moment anywhere in your busy life.

APPLICATION:

In Japan, where this tree grows, there is nothing more important than a relaxing bath upon returning home in the evening. It is considered a time of emotional growth and purification. Hinoki is the prized wood used for building temples, shrines, and structures that will be used in bathing rituals.

INGREDIENT IN:

LeDiscernment, LeEverlasting, LeLetting Go, LeWisdom

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The Hinoki tree, while resistant to rot and bacteria, has never adapted very well to polluted urban environments. Hinoki is a "pure" wood. It absorbs, isolates, and then removes poisons from its system. Hinoki is a product of fresh mountain water and air. These growing conditions are reflected in the aroma and energy of the essential oil. Hinoki oil effectively creates a wonderful sensation of peace and relaxation.

PHYSICAL ASPECTS:

Hinoki essential oil contains an abundance of phytoncides. This constituent enables plants to eliminate harmful living things, such as bacteria, toxins, and pollutants, from within themselves and from their surroundings. Hinoki has grown in Asia for centuries and is naturally resistant to insect infestation and decay. The essence distilled from this wood is well known for its ability to kill bacteria, viruses, and fungus. Hinoki essential oil is used to increase immune function, and to automatically improve the quality of the environment around us.

Hinoki essential oil has a decongestant effect on the respiratory and lymphatic systems. It is particularly effective for relieving congestion in sinus cavities.

Oils from evergreen trees have a tendency to cause skin irritation. Hinoki essential oil is an exception. It is gentle on the skin, making it very useful in the healing of rashes, cuts, abrasions, and minor injuries.

GENERAL INFORMATION:

Hinoki essential oil is often referred to a Japanese Cypress and it is a member of the Cypress family. Hinoki is so valued in Japan that, by law, the essential oil can only be extracted from trees that have fallen or already died. There are references to Hinoki in Nihon Shoki, a history book from the 8th century. The smell of this Cypress tree has been the signature of Japanese architecture for centuries.

©2020 Butterfly Expressions LLC