QUICK REFERENCE SHEET

JASMINE SAMBAC

Jasminum sambac

Plant Family: Oleaceae

Extraction Method: Steam Distilled

Part Utilized: Flowers

Region of Origin:

India

AFFINITY FOR:

respiratory system, skin, hormones, heart chakra, triple warmer meridian, crown chakra, yang energy

THERAPEUTIC PROPERTIES:

antidepressant, stimulant, aphrodisiac, antispasmodic, sedative

AROMATIC CONSIDERATIONS:

Both Jasmine varieties have beautiful fragrances. They are heavy, exotic, sensual, and soothing essential oils. The aroma of either Jasmine is multi-faceted; much more so than most essential oils. They speak to the soul of both femininity and core strength. The Sambac aroma is more musky, a bit spicy and, perhaps, a bit sweeter.

Jasmine, both Grandiflorum and Sambac, are absolutes rather than distilled essential oils. All absolutes, because of their concentration and intensity, should be evaluated in extremely small quantities. Large amounts of these oils can overcome the receptor sites in the nose. The complexity of the fragrance, especially the rare and exotic notes, become entirely lost to our sense of smell when too much is inhaled at once. Too much really is too much with exotic flower essential oils.

APPLICATION:

Jasmine should be diluted (a drop or two is sufficient for any application) and massaged onto any area of the body.

INGREDIENT IN:

LeMoonlight

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Jasmine, in either form, is good for women who want to find and utilize their strength of character and purpose without losing their feminine side. Jasmine Sambac is most appropriate for men who want to find and utilize their strength of character and purpose while developing their sensitivity and caring. To me, the Sambac variety tempers my tendency to push too hard and work to exhaustion on a project once I have started it. Historically and in many religious traditions, Jasmine flowers symbolize hope, happiness, love. and a full-bodied enthusiasm for life. The Jasmines are the ultimate aphrodisiac oils.

PHYSICAL ASPECTS:

Because of its powerful effect on the emotions and hormones, Jasmine is often effective for a very long list of physical, mental, and emotional disorders.

Jasmine is used during childbirth to strengthen the contractions, and at the same time, ease the intensity of the pain.

Jasmine is excellent in skin care products because it increases elasticity. It is often used to prevent or minimize stretch marks. Consistent use of Jasmine essential oil can reduce scarring.

Jasmine soothes irritating coughs and relieves hoarseness and laryngitis. It is also beneficial for muscle strains.

GENERAL INFORMATION:

Jasmine Grandiflorum and Jasmine Sambac are very similar in aroma and in overall therapeutic use. I think it is best to describe them together so that the comparison and differences may be more clearly seen.

Grandiflorum blooms at dawn and the Sambac variety blossoms late in the evening.

Sambac is referred to in the east as “Queen of the Night” and “King of Oils.” This strength at the end of the day subtly affects the properties of the Sambac oil. Though generally considered the more masculine Jasmine, (in fact, it is considered the most masculine of the blossom essential oils), the night blooming variety is particularly suited to those who tend to work late into the evening—or would do so if they only had the energy left at the end of the day to match their desire. Jasmine Sambac can be useful for mothers of sick children who need the energy to care for them during those very long nights.

Grandiflorum is slightly more heady and, if possible, slightly more floral. It is supremely feminine with a very complex aroma. The differences are subtle and many people, even experienced aromatherapists have difficult when judging these two varieties by aroma alone. It is in the effects on the hormones and the psyche that the differences become most apparent.

Many master perfumers state that Jasmine Absolute can blend well with any other oil or absolute, bringing a lush sensuality to any perfume formulation. Jasmine oil is a necessary ingredient in any aromatic love potion.

Jasmine grandiflorum and Jasmine sambac are very similar in therapeutic use. Grandiflorum blooms in the early morning and the Sambac variety blossoms late in the evening. While the aroma of these oils are fairly similar and both are intense, Grandiflorum has a more floral aroma while Sambac has a more exotic sharp aroma. Glandiflorum tends to be enjoyed more by morning people. If you are not a morning person, chances are you will be drawn more to Sambac.

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