

QUICK REFERENCE SHEET

LITSEA CUBEBA

Litsea cubeba



Plant Family:
Graminae



Extraction Method:
Steam Distilled



Part Utilized:
Fruit



**Region of
Origin:**
U.S.A.

AFFINITY FOR:

digestive system, nervous system, heart, skin,
brow chakra

THERAPEUTIC PROPERTIES:

hypotensive, astringent, digestive, stomachic,
disinfectant, sedative or stimulant—as needed
and according to quantity used, much like
Lavender

AROMATIC CONSIDERATIONS:

Litsea Cubeba has a lovely crisp, lemony scent.
It is valued for its calming and antidepressant
properties.

APPLICATION:

Litsea Cubeba can be diffused or diluted and
worn on the body.

! CAUTIONS:

Litsea Cubeba should be avoided if pregnant. It
can be an irritant to very sensitive skin.

INGREDIENT IN:

^{Le}Ageless, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}ThermaCare

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Litsea Cubeba brings joy and lightness of spirit. It makes one feel young at heart and enthusiastic about life. This essential oil is often used in Inner Child work, where it is calming and soothing. Litsea Cubeba is an oil that often appeals to children.

PHYSICAL ASPECTS:

Litsea Cubeba is considered useful for high blood pressure and other disorders that have been brought on by nervousness, fear, or stress. Litsea Cubeba is useful for indigestion and to dispel gas pains. It is a good oil for treatment of skin disorders such as acne, dermatitis, and oily or discolored skin. Litsea Cubeba is useful for controlling excess perspiration.

GENERAL INFORMATION:

Commonly known as May Chang, Litsea Cubeba is often used in soaps and lotions where it tends to stabilize the higher notes of the other essential oils in the product.