

QUICK REFERENCE SHEET

MAGNOLIA

Magnolia x alba



Plant Family:
Magnoliaceae



Extraction Method:
Steam Distilled



Part Utilized:
Flowers



Region of
Origin:
China

AFFINITY FOR:

respiratory system, hormonal, skin, nervous system, reproductive

THERAPEUTIC PROPERTIES:

antimicrobial, antiseptic, expectorant, hormonal, antipyretic, aphrodisiac, emmenagogue

AROMATIC CONSIDERATIONS:

Floral, crisp green, and fruity apple notes. This oil is very potent and only a small amount is needed at a time.

APPLICATION:

Can be worn as an exotic perfume, applied anywhere, diffused, added to a bath, or simply inhaled.



CAUTIONS:

Avoid use during pregnancy due to Magnolia's emmenagogue properties.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Magnolia is thought to have mood uplifting properties and to be very calming to the nervous system while stimulating awareness, and increasing confidence. It is used to reduce stress, providing a feeling of relaxation and tranquility, and has been used to help treat depression. Like all flower essential oils, Magnolia acts as an aphrodisiac.

PHYSICAL ASPECTS:

In traditional Chinese medicine, Magnolia flowers have been used for hundreds of years to move qi, the vital force that regulates the body's organ systems. It is believed that when qi becomes blocked or stagnant, illness is the result.

Due to Magnolia's antimicrobial and antiseptic properties it is often used to treat respiratory infections. It has been widely used to clear the sinuses, relieve sinus headaches, clear chest and sinus congestion, relieve coughing, and may also offer relief for allergic reactions and asthma. Magnolia oil is also applied to reduce fevers, regulate female hormones, treat menstrual cramps, and otherwise promote a normal menstrual cycle.

Magnolia flower oil is an emollient that nourishes the skin and balances oil secretions. It has also been used on the skin for the treatment of pimples, lesions, dark spots, boils, and eruptions.

GENERAL INFORMATION:

Also known as White Champaca, *Magnolia x alba* is a hybrid of *Magnolia champaca* and *Magnolia montana*.