QUICK REFERENCE SHEET

OSMANTHUS

Osmanthus fragrans

Plant Family: Oleaceae

Extraction Method: Solvent

Part Utilized: Flowers

Region of Origin:
France

AFFINITY FOR:
hormone balance, soar plexus chakra, heart chakra

THERAPEUTIC PROPERTIES:
hormonal balance—entire family is said to be aphrodisiac in nature, antidepressant, stimulant/sedative—depending on the needs of the mind and body

AROMATIC CONSIDERATIONS:
Absolutely delightful—fruity and floral, yet delicate. Very few people can resist smiling when the aroma of Osmanthus is in the air. Osmanthus is a member of the same exotic family as Jasmine and its aroma is a bit like Jasmine but with a dollop of plum syrup added.

APPLICATION:
Diffused or worn on the body. Highly valued in the perfume industry, Osmanthus is used in only the most exotic of fragrances due both to its exotic fragrance and its cost.

CAUTIONS:
There is simply not enough information published yet about Osmanthus as an essential oil. The tea has long been considered safe, but absolute essential oils are much more concentrated; dilution with a carrier oil or using only a drop or two at a time is advised. A drop or two is all that is ever required with absolutes, and this one is no exception. Considering the price, this is a very good thing.

INGREDIENT IN:
LE Cherish, LE Expressions

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:
The aroma of Osmanthus is said to bring new things into your life—new opportunities, surprising synchronicities, and the tender mercies of heaven. Exotic and rare, I find the aroma makes me yearn for personal development and I find myself making plans for the accomplishment of goals that have been sitting on the back burner for a while. The effect of Osmanthus on my own soul is to make me want to be better tomorrow than I was today.

PHYSICAL ASPECTS:
Osmanthus flowers have been used as an herbal tea for many years in the far east. Some of the health benefits claimed for the tea include promoting beautiful skin, improving digestive processes, improving appetite after illness, and aiding the body in proper detoxification and elimination. Osmanthus tea is also said to relieve fatigue and improve appetite.

GENERAL INFORMATION:
Though used extensively as an addition to teas and other beverages, and sparingly in the perfume industry, Osmanthus is a relative newcomer to therapeutic aromatherapy. One whiff of its amazing fragrance, however, and you may find yourself wanting to write volumes in praise of this intoxicating, but expensive, essential oil. It is estimated that approximately 3,000 kilos of flowers are required to yield one kilo of absolute essential oil. This explains both the rarity of the oil and the expense.

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