QUICK REFERENCE SHEET

PARSLEY

Petroselinum sativum

Plant Family: Umbelliferae

Extraction Method: Steam Distilled

Part Utilized: Seeds

Region of Origin:

Hungary

INGREDIENT IN:

LeVallee, LeWeightless

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Parsley essential oil helps us move from wishing things were different, to actually thriving in challenging conditions and after demanding events. It has a marked effect on people who, regardless of the circumstances of their lives, are perpetually dissatisfied with how things are. They may live out their entire lives wishing things could be different so they could, at least, be happy.

PHYSICAL ASPECTS:

Parsley's ability to strengthen the integrity of cell membranes makes it a useful and versatile oil. It is widely used to promote hair follicle health to stimulate hair growth. Parsley, as part of a blended oil, can be a good tonic for the scalp. Parsley essential oil helps clear bruises and repair broken blood vessels and capillaries. It can be useful in repairing damaged skin and reducing cellulite. Parsley has a toning effect on the urinary tract and a diuretic effect on cells and tissues. This essential oil is often used in treatments for cystitis and urinary infections.

AFFINITY FOR:

cellular structure, urinary tract

THERAPEUTIC PROPERTIES:

antimicrobial, antiseptic, astringent, diuretic, emmenagogue, laxative, stomachic, uterine tonic

AROMATIC CONSIDERATIONS:

Parsley oil is not recommended for diffusing as a single oil.

APPLICATION:

Parsley should be diluted extra carefully before being applied to skin. It is far better used in a blend of essential oils than used by itself.

ⓘ CAUTIONS:

Parsley is a concentrated, almost caustic, essential oil. It should be used with extreme caution as a single oil. Pregnant women should avoid the use of Parsley oil altogether. Parsley is best used as part of an essential oil blend such as LeVallee.

While useful for mild urinary tract infections, Parsley is contra-indicated for more severe forms of kidney disease and degeneration. Some recent studies indicate the continual overuse of Parsley may stress the liver.

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