

## QUICK REFERENCE SHEET

# RAVENSARA

*Agathophyllum aromatica*



Plant Family:  
Lauraceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves, Twigs



**Region of Origin:**  
Madagascar

### AFFINITY FOR:

immune system, respiratory system, endocrine system—particularly adrenal glands, muscles, brow chakra

### THERAPEUTIC PROPERTIES:

antiseptic, antiviral, antibiotic, antifungal, expectorant, febrifuge

### AROMATIC CONSIDERATIONS:

The aroma of Ravensara can help us unlock and unblock negative emotions, and then banish their effects from our lives. It is similar to Eucalyptus, but milder and more pleasant.

### APPLICATION:

Ravensara can be diffused as a single oil, but it is most therapeutic and delightful as part of a blend. Ravensara can be diluted and applied to the feet or the body.

### ! CAUTIONS:

This oil is considered completely safe and non-toxic, but care should always be taken during pregnancy.

### INGREDIENT IN:

LeBreezey, LeDiminish, LeExhale, LeLife Force, LeMariah, LeVallee

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Emotionally, Ravensara is like a spiritual disinfectant. It goes through our minds and memories and blasts away negative emotions and responses. Ravensara does this gently, letting us know every step of the way that we are doing all right and will soon be doing even better.

### PHYSICAL ASPECTS:

Ravensara is strongly antiviral. It really gets in and kills “critters.” It then supports the kidneys and lymphatic system in getting rid of the “dead bodies” of the invaders. Ravensara has an affinity for the lungs and is useful in chronic respiratory conditions.

Ravensara is often used to bring relief from shingles. Ravensara kills the attacking viruses and brings relief from the pain.

Ravensara is listed throughout the literature for use with chicken pox, measles, and all viral infections. Ravensara has brought relief from mononucleosis and chronic fatigue syndrome. Ravensara acts as an expectorant and helps to promote a healthy fever. A blend containing Ravensara would be a good thing to dilute and rub on yourself if you are showing any signs of coming down with the flu.