

## QUICK REFERENCE SHEET

# ST. JOHN'S WORT

*Hypericum perforatum*



Plant Family:  
Clusiaceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves, Flowers



**Region of  
Origin:**  
Bulgaria

### AFFINITY FOR:

nerves, joints, muscles, bones

### THERAPEUTIC PROPERTIES:

analgesic, anti-inflammatory, nervine

### AROMATIC CONSIDERATIONS:

Diffused, St. John's Wort may relieve fatigue, anxiety, headache, low spirits, and sadness. The aroma of St. John's Wort is also stimulating to the mind and the memory.

### APPLICATION:

St. John's Wort should be diluted well and used in moderation. (See "Cautions")

### ! CAUTIONS:

Until further studies have been conducted on St. John's Wort essential oil, it is probably best to use it well-diluted, in moderation, or as a small percentage of a blend. St. John's Wort should be avoided if pregnant. Although St. John's Wort has been used for at least a couple of centuries as an herbal medicine and as a homeopathic remedy, very little information is available about the essential oil.

### INGREDIENT IN:

<sup>Le</sup>QuietEssence, <sup>Le</sup>Whispering Hope, <sup>Le</sup>Woman Wise

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

St. John's Wort is recommended for depression, especially following injuries, fright, or shock. The plants in this family are very hardy. They often live up to 50 years. I believe this resilience in the face of trials is a part of the nature of this essential oil.

### PHYSICAL ASPECTS:

St. John's Wort essential oil, well-diluted, is used for sunburns, burns, bruises, varicose veins, and scars. The anti-inflammatory and nervine properties of this oil are particularly effective in nerve rich areas of the body such as the brain, back of the neck, fingers, toes, and coccyx (tailbone). St. John's Wort, diluted and applied along the spine, may be helpful for nerve damage and muscle spasms resulting from whiplash injuries, and may be effective, especially as part of a blend, for muscle spasms and twitches in arms and legs when drifting off to sleep.