

QUICK REFERENCE SHEET

VANILLA

Vanilla planifolia



Plant Family:
Orchidaceae



Extraction Method:
Solvent



Part Utilized:
Fruit



**Region of
Origin:**
Madagascar

AFFINITY FOR:

hormone balance, nerves, immune system,
governing vessel meridian, liver meridian

THERAPEUTIC PROPERTIES:

antioxidant, aphrodisiac, anti-carcinogenic,
febrifuge, antidepressant, sedative, tranquilizing

AROMATIC CONSIDERATIONS:

The aroma of Vanilla is one of the most
calming and uplifting of scents. Vanilla has
such a wonderful aroma that even if it had no
therapeutic properties at all, I would use it
every day for the scent alone.

APPLICATION:

Vanilla is usually diffused or used in candles
and soaps.

INGREDIENT IN:

^{Le}Housewarming, ^{Le}Intention, ^{Le}Sego Lily

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The aroma of Vanilla helps us feel confident that the future will be full of promise and hope. Vanilla can give us hope, perspective, and confidence in our ability to listen to inspiration and seek guidance from the Spirit. Vanilla is a very welcoming and warming oil. It can set a very romantic tone.

PHYSICAL ASPECTS:

The removal of free radicals from the body will gradually result in a stronger immune system, better memory, improved vision and hearing, more stable emotions, improved mental acuity, and overall repair of body systems, organs, and tissues. Vanilla, used regularly, can accomplish all this and with such a pleasant aroma! Vanilla can reduce the heat and the inflammation of a fever, while calming the patient into a peaceful sleep. Vanilla is one of the best oils for hyperactivity in any body system or organ. It is a great oil for insomnia or high blood pressure. Vanilla activates certain precursors that are necessary for hormone balance.

GENERAL INFORMATION:

Vanilla essential oil is heavy and dark colored. Blends to which it has been added need to be shaken well before use. Even if you faithfully shake the blend, there will always be a dark pool in the bottom of the bottle, but the energy, aroma, and therapeutic properties of the Vanilla have infused into the entire blend. There are pretty white, clear Vanilla "essential oils" on the market but they do not have the full-bodied aroma of the "real thing."