

QUICK REFERENCE SHEET

VETIVER

Vetiveria zizanioides



Plant Family:
Graminae



Extraction Method:
Steam Distilled



Part Utilized:
Root



**Region of
Origin:**
Indonesia

AFFINITY FOR:

hormones, red blood cells, skin, joints, muscles, balances yin and yang energies—male and female hormones

THERAPEUTIC PROPERTIES:

antiseptic, calming, immune stimulant, sedative, rubefacient

AROMATIC CONSIDERATIONS:

The aroma of Vetiver is reminiscent of Patchouli and Lemongrass, but is not a pleasant aroma by itself, in my opinion. Vetiver is physically, mentally, and psychologically grounding.

APPLICATION:

Vetiver can be added to a bath. You can dilute Vetiver and apply to the body.

INGREDIENT IN:

LeUnDone, LeVallee, LeVictory, LeWoodland Path

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Vetiver is a useful oil for emotional and energy work. It helps us connect the past to the present, learning from the things we have experienced and using the present to heal the past. Vetiver builds bridges between our memories and experiences, our mental capacities, and our physical bodies. It transforms our memories and experiences into wisdom and maturity. Vetiver can be good for us when a “dose of reality” is needed in our lives.

PHYSICAL ASPECTS:

Vetiver is an excellent oil for skin care. It speeds up the disappearance of scars from accidents or acne by promoting the growth of new cells patterned after the original blueprint of cellular structure rather than replicating the damaged pattern. The anti-inflammatory and sedative properties of Vetiver make it useful with arthritis, sprains, and muscle spasms. Vetiver is said to aid in the production of healthy red cells in the blood. Vetiver is considered a tonic oil. It is, to our bodies and minds, a bit like the complete overhaul and servicing that we routinely give our vehicles.

GENERAL INFORMATION:

Vetiver is known in India as “the oil of tranquility.”