

Essential oil of the Month: Jasmine

By Kathy Padecky, Aromatherapist, HHP, CBS

Jasmine

Botanical Name: *Jasminum officinale*, *Jasmine grandiflorum*, and *Jasmin sambac*.

Common Name: Jasmine is known as the king of flowers. In India, *Jasmin sambac* is called the queen of the night. *Jasmine grandiflorum* is called the queen of dawn.

Why I love Jasmine: This provocative scent lingers long after my first inhalation. I feel jasmine evoking emotions of peace, joy, and love. I use it when I need a pick me up. It is the perfect essential oil to draw to a close 2009 and thankfully welcome 2010. In these challenging economic times, jasmine brings inspiration as it helps to harmonize a person's emotional upheavals. Jasmine is the fragrance language of the heart.

Aroma and scent: The aroma of jasmine is intoxicating, sweet, exotic, and alluring. Jasmine absolute is a dark orange to a reddish liquid. The color turns darker with age. Jasmine essential oil has an aroma of mystery and intrigue.

Native to and history: Jasmine originated in the northwestern mountain region of India called the moonshine in the garden. Cleopatra wooed Mark Anthony with jasmine. Louis XVI loved jasmine-scented sheets. In the first century the Greek physician Dioscorides reported Persians using jasmine oil to perfume the air at banquets. In Persia, *Yasmin* means girl. In Sufi poetry, jasmine, rose, and hyacinth were symbols of love and spiritual longing.

Today, jasmine is grown in Morocco, Egypt, China, and India. India uses jasmine flowers for decorating the hair. Jasmine flowers are applied to unhealed sores. Jasmine is used in wedding ceremonies. A jasmine garland honors the bride and groom's commitment to honor and cherish each other. Jasmine serves as a bridge into their shared spiritual life.

Chemistry: Jasmine has a complex chemical compound structure. *Jasmine grandiflorum* contains more than 100 chemical compounds. References detail how *Jasminum officinale* contains 33-53% esters, 9-18% diterpenes, 4-18% alcohols, 3-7% triterpenes, 1-3% pyrroles, and 0-15 ketones. Esters are sedative, antispasmodic,

adaptogenic and anti-inflammatory. Diterpenes and triterpenes are powerful immune stimulating, anti-septic, with antimicrobial qualities. They are very beneficial due to their mildness and safety. Alcohols are antimicrobial and support the immune system. They are helpful as decongestant, aid in digestion and encourage wound healing. Pyrroles are antibiotic and allow the body to heal infections. Ketones are calming, mildly anti-septic and a sedative.



Jasmine is most cheaply prepared using a method called an absolute. An absolute is a concentrated, highly-aromatic, oily mixture derived using solvents and alcohols. This production method leaves trace amounts of solvents and alcohols in the absolutes. Absolutes are considered somewhat undesirable for aromatherapy, since it is believed that they could cause allergies and affect the immune system. However, absolutes are used extensively in perfumery. A more costly method of oil extraction is using CO₂ and the end product considered absolutely safe.

Part of the plant: There are over 300 species of Jasmine. Jasmine has delicate white flowers in star shapes growing on a climbing tree up to a height of twenty feet. The *Jasmine grandiflorum* and *Jasminum officinale* flowers are picked between 6 am and 10 am when the aroma is the most intense. Flowers picked later in the day yield half as much essential oil. Remember when you touched a gardenia petal and the leaves turn brown? The same applies to a jasmine flower. Extracting the oil is an art. This oil is most cheaply extracted by a solvent of petroleum ether, butane, or hexane. Steam distillation destroys its aroma. It is reported the solvent residue is less than ten parts per million. Jasmine absolute can be frequently adulterated. It would be conscientious to research your supplier for this essential oil. *Jasmin sambac* may be extracted using liquid carbon dioxide (CO₂). The *Jasmin sambac* buds open around 11 PM

with an intoxicating aroma. The flowers are picked during the night yielding the most oil. Jasmine likes to be sheltered from wind and cold.

Jasmine may help the body recover from the following:

breathing difficulties, bronchial spasms, coughs, depression, dermatitis, eczema, insect bites, labor pains, laryngitis, low self-confidence, nervous disorders, paranoia, post-natal depression, prostate enlargement, skin irritation, stretch marks, and sunburn.



Jasmine blends with: bergamot, cinnamon, coriander, cypress, frankincense, geranium, ginger, grapefruit, guaiacwood, immortelle, lavender, lemon, lemongrass, mandarin, melaleuca (tea-tree), melissa, neroli, orange, palmarosa, patchouli, rose, rosemary, rosewood, sandalwood, spearmint and violet

Body, Mind and Spirit Connections: When inhaled, jasmine has profound effect on the brain wave patterns. Innocence, sweetness, and purity are the key inner emotions awakened in those who smell jasmine. Jasmine symbolizes hope, happiness and love. Jasmine's captivating scent sedates the nervous system. It reduces anxiety, severe depression, and diminishes fear. It soothes the body, mind and spirit for those exposed to emotional abuse and violence. It allows a person to be joyful, sensitive, and confident. It helps us connect with our intuition and inner knowing. Jasmine essential oil is beneficial for people who dissociate from their body and tend to be cerebral.

Seventeenth century herbalist Nicholas Culpepper suggested rubbing jasmine on contracted limbs. It eases muscle cramping especially for menstrual cramps.

The alluring jasmine aroma stimulates sexual emotions. Jasmine is a well known aphrodisiac. In India, bracelets and necklaces are made with the flowers. It is a hormone balancer. It is an excellent choice for postnatal depression. It tones the uterus. It is helpful during menopause.

In men, jasmine strengthens the male reproductive system and relieves the discomforts of an enlarged prostate, frigidity, and impotence. It is reputed to increase the number of spermatozoa.

Jasmine benefits any skin type, oily, dry or sensitive skin. It inhibits bacteria and regulates skin oil production. It moisturizes dry, dehydrated skin. It is a main ingredient in many lotions, creams and perfumes. Blending lavender, mandarin, and jasmine softens stretch marks

and reduces scarring. The main ingredient in fine perfumes is jasmine. One ounce of Joy perfume by Patou contain 28 dozen roses and 10,600 jasmine petals.

In Europe, it is known to be used in cases of bone and lymph node cancer. A jasmine-scented room for a cancer patient is comforting.

Contraindications and Precautions: Avoid internal use. A powerful aroma indicates using a low dosage. Avoid during pregnancy. Inhaling during labor eases labor and helps speed the expulsion of afterbirth.

Essential Oil Recipes:

Sensitive Skin

Jasmine	3 drops
Lemongrass	6 drops
Roman chamomile	4 drops
Rose	3 drops
Carrier oil	1 ½ oz.

Blend the essential oils in your favorite carrier oil and apply externally.

Hair care

Jasmine	2 drops
Rosemary	30 drops
Lavender	10 drops
Clary sage	5 drops
Patchouli	3 drops
Sandalwood	5 drops

4 ml amber glass bottle with mister

Combine the essential oils. Place 3 drops in the palm of your hair and brush with your fingertips in your hair. You may also place the drops in your hair brush to refresh yourself. You may also apply the 3 drops after washing your hair. It is uplifting and invigorating. You may be amazed at how many new friends you acquire doing this.

Captivating blend

Jasmine	1 drop
Bergamot	5 drops
Lavender	5 drops
Patchouli	4 drops
Jojoba oil	½ oz.

Blend the essential oils together with ½ oz. of jojoba oil

Renewing bath

Jasmine	3 drops
Ylang ylang	5 drops
Sandalwood	3 drops

Blend the oils to the bath water to relax and uplift in times of depression, anxiety and negative feelings.

Helpful Hint: This essential oil improves with age because of its ester content. Some of the masterpieces of French perfumery rely on the skillful blending of ylang ylang, rose, bergamot and vanilla.

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Resources:

Aromatherapy for the Beauty Therapist by Valerie Ann Worwood
Guide to Aromatherapy by Susanne Blake
The Australasian College of Herbal Studies Manual
The Chemistry of Essential Oils Made Simple by Dr. David Stewart
The Essential Oils Book by Colleen K. Dodt
Reference Guide for Essential Oils Compiled by Connie and Allan Higley
The Fragrant Heavens by Valerie Ann Worwood
Aromatherapy for Dummies by Kathi Kelville
Directory of Essential Oils by Wanda Sellar
The Fragrant Mind: Aromatherapy for Health Professionals by Shirley and Len Price
Aromatherapy for Vibrant Health and Beauty by Roberta Wilson
Ayurveda and Aromatherapy by Dr. Light Miller, ND and Dr. Bryan Miller, DC
Aromatherapy for Healing the Spirit by Gabriel Mojay
www.whitelotusaromatics.com
Perfumes, Splashes & Colognes by Nancy M. Booth
The Aromatic Spa Book by Sylla Sheppard-Hanger
Natural Healing with Aromatherapy by Dr. Gisela Bulla
Aromatherapy Massage with Essential Oils by Christine Wildwood

About the Author: Kathy Padecky is an Aromatherapist and a Holistic Health Practitioner (HHP). She began working in the holistic health field in 1981 and teaches various massage modalities, aromatherapy, and hydrotherapy at the International Professional School of Bodywork (IPSB). Ms. Padecky is also publisher of the "Sacred Scents" Newsletter.

The Massage Therapy Center offers essential oils by Bon Vital to be used for aromatherapy purposes. Stop by to see our selection.

