

Jasmine

Botanical Name: Jasminium officinale, Jasminum grandiflorum

Note: Base Odor Intensity: High

KEY USES:

- Aphrodisiac
- Bronchial spasms
- Coughs, spasmodic
- Cramps, menstrual
- Childbirth
- Dry skin, dermatitis
- Impotence, frigidity (emotional)
- Milk production
- Post-partum depression
- Perfume
- Uterine spasms

Fragrance: Deep, oriental, floral, sensuous.

Blends with: Sandalwood, rose, neroli, geranium

Properties: Analgesic, aphrodisiac, antidepressant, antispasmodic, carminative, cicatrizant, emollient, euphoric, expectorant, galactagogue, sedative, uterine tonic.

Emotional concerns: Hypersensitivity, lack of confidence, frigidity, impotence, post-partum depression, paranoia, fear.

Contraindications: Do not take internally. Beware of adulterated products. Do not use in the first four months of pregnancy. Use in low dilutions.

Jasmine essential oil has a rich, exotic smell, and it has been used as a perfume material for centuries. Louis XIV reportedly slept in jasmine-scented sheets. Jasmine is also a powerful aphrodisiac, and is reputed to help with both impotence and frigidity. It may be that jasmine has pheromone-like qualities, as it is in some ways chemically similar to pheromone-containing human perspiration.

Jasmine is helpful during childbirth; in small amounts it can reduce pain and stimulate uterine contractions. It may also help to stimulate milk production after delivery.

LUXURIOUS BODY POWDER

5 drops sandalwood
2 drops jasmine
2 drops grapefruit
3 drops bergamot
½ cup cornstarch

SELF CONFIDENCE ROLL-ON

1 drop jasmine
1 drop rose
1 drop ylang ylang
3 drops thyme linalool
10 ml of carrier oil
Combine and put in roll-on bottle. Use throughout the day as a perfume; apply to pulse points.