

# Chapter 4

## Plants, Essential oils and their properties 2

Presented by

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# Lemongrass



# Lemongrass

Local name	
Botanical name	<i>Cymbopogon citratus</i>
Family	Graminae
Location	Africa, Guatemala, India and Sri Lanka
Extraction	Steam distillation
Used part	Leaves
Color and Odor	Golden-yellow, strong sweet, lemony scent
Properties	***Tonic, stimulant, strong, antiseptic, bactericide, refreshing, deodorant

# Lemongrass

Local name	
Main component	Citrals, neral, geronial, citronellal, methyl heptenone
Blends	Respiratory (lemongrass 5 Eucalyptus 4 benzion 3)
	Muscular (lemongrass 5 rosemary 4 ginger 3)
	Emotion (lemongrass 4 orange 4 basil 2)
Characteristic	Top to middle notes

# Orange



# Orange

Local name	
Botanical name	Citrus sinensis
Family	Rutaceae
Location	Widely cultivated in Mediteranian
Extraction	Expression of peel
Used part	Peel
Color and Odor	Golden yellow, sweet fruity aroma
Properties	***Antidepressant, antispasmodic, stomachic and sedative

# Orange

Local name	
Main component	Limonene, terpinolene, citrate
Blends	Digestive (Orange 7 Black pepper 3 Peppermint 2)
	Circulatory (Orange 7 Ylang-ylant 3 lavender 2)
	Emotion (Orange 7 Peppermint 3)
Characteristic	Top notes

# Petchouli





# Patchouli

Local name	
Botanical name	Pogostemon cabin
Family	Labiatae
Location	Brazil, China, India, Indonesia and Philippine
Extraction	Steam distillation
Used part	Dried leaves
Color and Odor	Musty, earthy
Properties	Sedative, tonic, cytophylactic, anti-inflammatory, nervine

# Patchouli

Local name	
Main component	Patchoulol, bulnescene, azulene
Blends	Nervous (Patchouli 5 rose 4)
	Skin (Patchouli 5 lavender 4)
	Emotion (patchouli 5 orange 4 geranium 2)
Characteristics	Base notes

# Peppermint



# Peppermint

Local name	
Botanical name	<i>Mentha piperita</i>
Family	Labiatae
Location	USA
Extraction	Steam distillation
Used part	Leave
Color and Odor	Colorless, strong piecing, sharp aroma
Properties	****Analgesic, sedative, antiseptic, anti-inflammatory

# Peppermint

Local name	
Main component	Menthol
Blends	Digestive (Peppermint 5 ginger 4 lavender 3)
	Respiratory (peppermint 5 eucalyptus 4 benzoin 3)
	Reproductive (peppermint 5 geranium 4 rosemary 3)
	Nervous (peppermint 5 lavender 4 chamomile-R 3)
	Skin (Peppermint 4 lavender 2 chamomile-R 2)
	Emotion (Peppermint 4 lemon 4 lavender 2)
Characteristic	Top

# Rose



# Rose

Local name	
Botanical name	Rosa damascena
Family	Rosaceae
Location	Grasse, France
Extraction	Distill
Used part	Flower
Color and Odor	Pale yellow, sweet
Properties	Cleansing, tonic, soothing, antitdepressant, aphrodisiac, antiseptic, anti-inflammatory

# Rose

Local name	
Main component	Citronellol, geraniol, nerol
Blends	Reproductive (Rose 6 Geranium 2)
	Nervous (Rose 6 chamomile-R 2 Cedarwood 2)
	Skin (Rose 3 lavender 2 patchouli 2)
	Digestive (orange 4 peppermint 2)
	Circulatory (rose 6 rosemary 2)
	Emotion (rose 5 bergamot 4 cedarwood 2)
Characteristic	Base



# Rosemary



# Rosemary

Local name	
Botanical name	<i>Rosmarinus officinalis</i>
Family	Labiatae
Location	England, France, Morocco, Portugal, Spain, Tunisia
Extraction	Steam distillation
Used part	Leaves
Color and Odor	Colorless, warm, sharp refreshing
Properties	Stimulant, antispasmodic, carminative, stomachic, tonic, astringent, cleansing, cardial, diuretic, nervine

# Rosemary

Local name	
Main component	1-8 cineole, pinene, camphor, camphor
Blends	Digestive (Rosemary 7 Black pepper 3)
	Urinary (Rosemary 7 marjoram 3 clary sage 2)
	Circulatory (rosemary 6 lemon 4 rose 2)
	Respiratory (rosemary 6 benzoin 3 eucalyptus 3)
	Muscular (rosemary 7 Black pepper 4 ginger 2)
	Respiratory (rosemary 6 jasmine 4)
	Nervous (rosemary 6 basil 6 lavender 2)
	Emotion (rosemary 5 bergamot 3 pomelo 3)
Characteristic	middle

# Tea Tree



# Tea tree

Local name	
Botanical name	Melaleuca alternifolia
Family	Myrtaceae
Location	Australia
Extraction	Steam distillation
Used part	Leaves
Color and Odor	Colorless, fresh , sharp
Properties	Antiseptic, antibacterial, antifungal, stimulant, expecorant

# Tea tree

Local name	
Blends	Urinary (tea tree 6 pomelo 3 geranium 3)
	Respiratory (tea tree 5 eucalyptus 3 orange 2)
	Reproductive (tea tree 5 chamomile-R 3)
	Skin (tea tree 7 eucalyptus 3 bergamot 2)
Characteristic	Top to middle

# Ylang Ylang



# Ylang Ylang

Local name	
Botanical name	<i>Cananga odorata</i>
Family	Annonaceae
Location	Comores, Java, Madagascar, Philippines, Sumatra
Extraction	Steam distillation
Used part	Flower
Color and Odor	Yellow
Properties	Evocation, euphoric, sedative, hypotensive, aphrodisiac.



# Ylang Ylang

Local name	
Main component	Gramacrene, beta-caryophyllene, cadinene-farnesene
Blends	Circulatory (Ylang ylang 7 chamomile-R 3 lavender 2)
	Respiratory (Ylang ylang 5 rosemary 4 lemon 3)
	Reproductive (Ylang ylang 5 roes 4 jasmine 3)
	Nervous ( Ylang ylang 7 rose 3 lavender 2)
	Skin (Ylang ylang 2 chamomile-R 2 patchouli 2)
	Emotion (Ylang ylang 5 cedarwood 5 bergamot 2)
characteristic	Base note