



## Vetiver

(*Vetiveria zizanioides*) Botanical Family: *Gramineae* (*Graminaceae*)

Perennial grass growing up to 2 metres high. The roots are very long and rhizomatous.

**Plant Part used:** washed, dried, sliced, or ground, roots

**Method of Extraction:** steam distillation

**Countries of Production:** Indonesia, India, Haiti

**Fragrance:** earthy, musty

**Note:** base

**Main Chemical Components:**

benzoic acid, furfural, vetiverol,  $\alpha$ -vetivone,  $\beta$ -vetivone

**General Effect:** relaxing

### Indicated for:

#### The Face

acne  
ageing skin  
blemished skin  
dull skin  
mature skin  
oily skin  
toning

#### The Body

anxiety  
balancing  
exhaustion  
insomnia  
menopause  
stress  
tension

### Body Blending Guide:

Bergamot, geranium, lavender, lemon, lemongrass, mandarin, orange, sandalwood

### Contra-indications:

None known

### Purchasing Guide:

Should be a soft aroma, not harsh

**Price Range:** low