

Jasminum officinale/*Jasminum grandiflorum*

JASMINE

Exquisitely fragranced, jasmine is reputed to be an aphrodisiac. In the 16th century, the Grand Duke of Tuscany procured a plant from India. Determined to keep it to himself, he forbade his gardener to give cuttings away. Yet the gardener gave his beloved a posy containing jasmine. Delighted by its aroma, she planted the jasmine, sold cuttings and saved enough money to wed the poor gardener.

SCENT
Sweet, heady, rich, floral

NOTE
BASE MIDDLE TOP

EXPENSE RATING

CAUTIONS
Avoid in pregnancy and on babies.
Can cause headaches. See page 16.



Main constituents: benzyl acetate, linalol, linalyl acetate, jasmone

THERAPEUTIC PROPERTIES

The flowers of the jasmine plant, which is cultivated in India and North Africa, yield tiny amounts of oil, making it very expensive. It is valued in the Far East and the Indian subcontinent for its medicinal properties and scent. In China, the flowers have been used to treat dysentery and hepatitis. In Indian Ayurvedic medicine, jasmine is recommended for cleansing the blood.

Garlands of jasmine are presented to honoured guests in India and in some areas, ten days before marriage, brides are massaged daily with *Ubtan*, a blend of herbs, spices, jasmine and sweet almond oil, leaving the skin cleansed, smooth and scented with the heady aroma of jasmine.

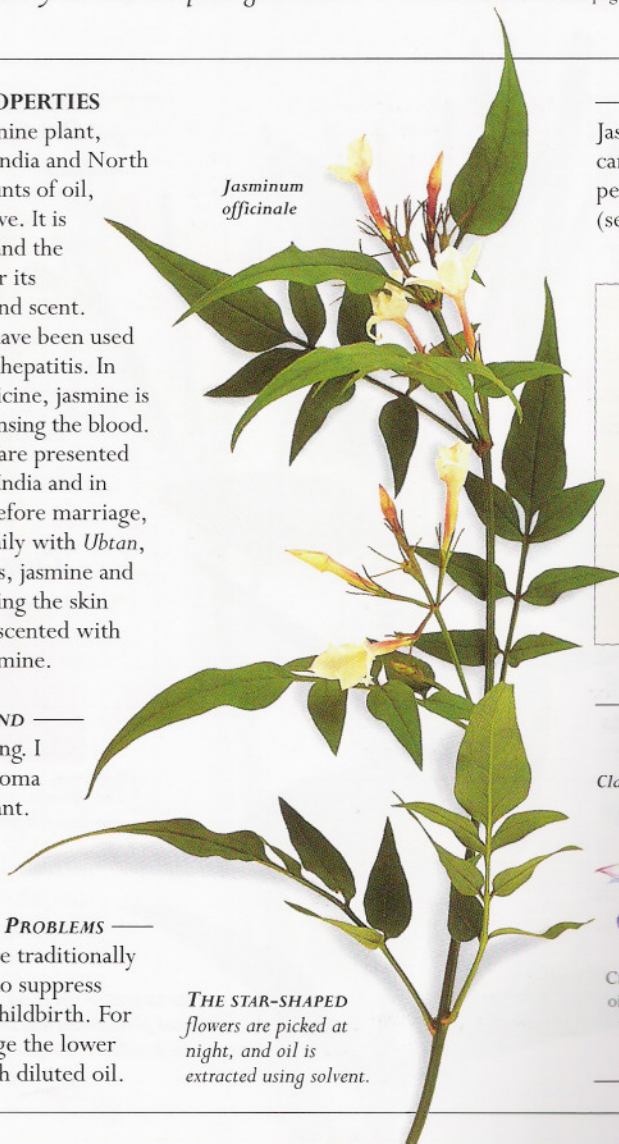
EMOTIONS & MIND

Uplifting and stimulating. I believe the heavenly aroma acts as an anti-depressant. Use to treat lethargy (see pages 98–99).

GYNAECOLOGICAL PROBLEMS

In India, the flowers are traditionally applied to the breasts to suppress excess lactation after childbirth. For painful periods, massage the lower back and abdomen with diluted oil.

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THE STAR-SHAPED flowers are picked at night, and oil is extracted using solvent.

SKIN & BEAUTY

Jasmine oil is frequently used in skin-care preparations for its delicious perfume and invigorating effect (see page 75).

SCALP MASSAGE



Use jasmine oil in a refreshing massage to perfume the scalp (see page 85).

OIL COMBINATIONS

Clary sage

Sandalwood

Citrus oils



CLARY SAGE emphasizes the sensual aspect of the oil. In India, jasmine oil is traditionally blended with exotic sandalwood oil, while citrus oils freshen its aroma.