

## Patchouli

(*Pogostemon Cablin*) Botanical Family: *Labiatae*

Herbaceous, perennial bush growing a metre high. Hairy leaves, white flowers with purple hue.

**Plant Part used:** non-flower leaves

**Method of Extraction:** Steam distillation of sun-dried, slightly fermented leaves

**Countries of Production:** Indonesia, India

**Fragrance:** sweet, earthy

**Note:** base

**Main Chemical Components:**

patchouli alcohol,  $\alpha$ -bulnescene,  $\alpha$ -guaiene, seychellene  $\alpha$ -patchouline

**General Effect:** relaxing



### Indicated for:

#### *The Face*

acne  
blemishes  
combination skin  
normal skin  
oily skin  
puffiness  
seborrhoea  
toning

#### *The Body*

anxiety  
cellulite  
depression  
fluid retention  
inflammation  
pre-menstrual tension  
rashes  
skin blemishes  
stress  
swelling  
toning

### Body Blending Guide:

Bergamot, black pepper, camomile german, cedarwood, clary sage, frankincense, geranium, ginger, jasmine, lemongrass, mandarin, neroli, orange, rose maroc, sandalwood, vetiver, ylang-ylang

### Contra-indications:

None known

### Purchasing Guide:

**Price Range:** medium