Patchouli
>Pogostemon Cablin Essential Oil

Valued for its skincare effects, Patchouli is also great for fighting depression and anxiety. A member of the mint family, Patchouli stimulates the regeneration of skin cells, speeding up healing.

Size: 15ml
Size: 5ml

**Primary Benefits**
Balancing and grounding effect on emotions, aid in the reduction of cellulite, aids in a smooth, glowing complexion, aids in reducing the appearance of wrinkles, blemishes, and skin imperfections.

**Directions for Use**

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

**Cautions**
Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

**Aromatic Description**
Musky, sweet, strong, herbaceous

**Collection Method**
Steam Distillation

**Plant Part**
Leaf

**Main Constituents**
Patchouli alcohol, α-Bulnesene, α-Gualene

**Description**
Patchouli, mixed with Camphor, gives Indian ink its characteristic smell. It has a very distinct, rich, musky aroma. It has been used in perfumes as well as air fresheners and other home products. Patchouli is very beneficial to the skin, functioning by reducing the appearance of fine lines and wrinkles, blemishes, and small skin imperfections while promoting a smooth, youthful, glowing complexion. It also helps break down cellulite, while stimulating the regeneration of skin cells, speeding up healing and preventing ugly scars forming as wounds heal. The aroma of Patchouli has a grounding and balancing effect.

**Uses**
- Diffuse to fight anxiety and depression and create an uplifting atmosphere
- Apply one to two drops to skin to aid in reducing the appearance of wrinkles, blemishes, or problem skin areas. You can also add to your favorite moisturizer.
- Apply neat with a cotton bud on insect bites
- Add to a base cream to help stimulate the formation of new skin cells and fight cellulite
- Apply to the temples or back of the neck after a period of stress

**Properties**
Antidepressant, Antiseptic, Aphrodisiac, Astringent, Deodorant, Diuretic, Insecticide, Sedative and Tonic

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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