



Balsam Peru Essential Oil

Aromatically, Peru Balsam has a mild but deep, rich aroma that is woody yet sweet with a vanilla and benzoin quality. It also possesses a very subtle hint of cinnamon. Peru Balsam contains constituents that are present in Benzoin and Cinnamon Essential Oil, so that is likely why.

Typically, Peru Balsam has been used over the years to help remedy a number of skin issues including dry skin, and minor cuts and wounds. Proper dilution and doing a skin patch test is strongly recommended. Robert Tisserand mentions that Peru Balsam Oil may cause possible sensitization in some individuals. Based on the information I've read from various sources; I recommend avoiding it for any topical use.

Although Peru Balsam is soothing and can help during times of stress, it can act as a stimulant.

Botanical Name: Myroxylon balsamum / Myroxylon pereirae

Common Method of Extraction: Steam Distilled

Plant Part Typically Used: Balsam

Color: Dark Brown

Consistency: Very Thick

Perfumery Note: Base

Strength of Initial Aroma: Medium

Aromatic Description

Peru Balsam Essential Oil smells sweet, fresh, earthy and balsamic.

Peru Balsam Essential Oil Uses

- Bronchitis
- Chapped Skin
- Colds
- Coughing
- Eczema
- Flu
- Poor Circulation
- Rashes
- Sensitive Skin
- Stress

Source: Julia Lawless, *The Encyclopedia of Essential Oils (Updated Edition)* (London: Harper Thorsons, 2014), 43.

Major Constituents

Benzoic Acid

Cinnamic Acid

Benzyl Cinnamate

Cinnamyl Cinnamate

Source: Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 181.

Peru Balsam Essential Oil Safety Information

Tisserand and Young indicate that there is moderate risk of skin sensitization when using Peru Balsam Oil. They recommend adhering to IFRA's 0.4% maximum. [Robert Tisserand and Rodney Young, *Essential Oil Safety* (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 390-391.]

This essential oil poses a higher risk of causing irritation and sensitization when used in the bath. Avoid using it in the bath, even if it is solubilized/diluted.

General Safety Information

Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.

Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).