



## JASMINE Grandiflorum Absolute

**Botanical Name:** *Jasminum grandiflorum*

**Plant Part:** Flowers

**Extraction Method:** Solvent Extraction

**Origin:** India

**Child Safe:** Yes

**Description:** Jasmine Grandiflorum is a beautiful plant; its flowers bloom in the early dawn as opposed to Jasmine Sambac that blooms in the evening.

**Common Uses:** Jasmine Grandiflorum Absolute has a sensual, soothing fragrance that promotes a sense of harmony.

**Consistency:** Thin

**Note:** Middle

**Strength of Aroma:** Strong

**Aromatic Scent:** Jasmine Grandiflorum Absolute has a smooth, extremely intense floral smell that is both sweet and lingering.

**History:** Since ancient times, Jasmine has been referred to as the King of oils (Rose is the Queen). Apparently, this is because Jasmine is the most masculine of all the floral oils. It is also interesting to note that it takes 8,000 carefully hand-picked blossoms to produce 1 gram (about 1 ml.) of Jasmine Absolute.

Jasmine blossoms cannot be effectively steam distilled, so they are extracted by solvent to create a highly concentrated absolute. A tiny bit goes a very long way.

### Therapeutic Properties

**Analgesic:** In Ayurvedic medicine, Jasmine is used as a mild analgesic (Shukla 2013). The pain-relieving properties are highlighted by Holmes (2001).

**Antibacterial:** *J. grandiflorum* is active against *Propionibacterium acnes* (this is the bacteria linked to acne) (Zu *et al.* 2010).

**Antidepressant:** In Ayurvedic medicine, *J. officinale* is used as an antidepressant and sedative (Shukla 2013). Perry and Perry (2006) noted that it has antidepressant effects, and Holmes (2001) discusses its role in alleviating depression and enhancing self-confidence. Its aroma can regulate mood, enhance alertness, reduce anxiety, and possibly improve self-confidence and hand-eye coordination (Hirsch *et al.* 2007). Hongratanaworakit (2010) demonstrated that massage with *J. sambac* oil had a physiologically stimulating effect and that it increased attentiveness.



**Antispasmodic:** Potterton (1983) noted that one of its traditional uses was as a uterine tonic and relaxant, and Shukla (2013) notes that in Ayurvedic medicine Jasmine is used as an antispasmodic and uterine tonic.

**Cicatrisant:** In Ayurvedic medicine, *J. officinale* is used for its antiseptic, anti-inflammatory, and cicatrisant actions (Shukla 2013), and Baylac and Racine (2004) suggest that it has protective and regenerating potential.

**Skin healing:** Jasmine has free radical scavenging properties, and may offer protection against UV-B induced skin damage (Baylac and Racine 2003).

## INHALATION

- direct inhalation, diffuser, oil vaporizer, steam inhalation
- When inhaled, jasmine is beneficial to the lungs as well as the mind, heart and spirit.

## TOPICAL

- massage, compress, bath, skincare
- Jasmine holds a special place in skin care and it often used for dry, sensitive skin. It can be added to creams, oils, shampoos, mists and facial masks. It is also a gentle toner of upset or reddened skin, and can be used to support fresh, dewy glowing complexions.
- Used in a bath it can ease the tension of the day.
- Massaged on, jasmine is soothing to overworked and uncomfortable muscles.
- Jasmine absolute can be worn as a fragrance, but should be diluted in a neutral carrier oil to allow the aroma to be released over a longer period of time.

Jasmine oil mixes well

with: [Bergamot](#), [Frankincense](#), [Geranium](#), [Helichrysum](#), [Lemongrass](#), [Melissa](#), [Orange](#), [Rose](#), and [Sandalwood](#).

**Cautions:** It is important to note that all absolutes are extremely concentrated by nature. They should not be evaluated in this state unless you are accustomed to the undiluted fragrance. For those trying Absolutes for the first time, we strongly recommend they be evaluated in dilution. Otherwise, the complexity of the fragrance - particularly the rare and exotic notes - becomes lost.

**\*\*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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