



LAUREL LEAF Essential Oil



Botanical Name: *Laurus nobilis*

Main Constituents:

1.8-Cineole: 48.8%

Plant Part: Leaves

Origin: Slovenia

Processing Method: Steam Distillation

Description / Color / Consistency: A thin, pale yellow-green liquid.

Aromatic Summary / Note / Strength of Aroma: A top note with a strong aroma, Laurel Leaf Essential Oil has a fresh, strong but sweet, camphoraceous, and somewhat spicy odor.

Product Abstract: The laurel tree is a small unimpressive shrub or tree, originating in the eastern Mediterranean countries. The evergreen tree reaches maturity after five years and yields about 5 kg of leaves per season, which in turn gives about 50-70 g of essential oil. Laurel Leaf has been known for thousands of years, but the use of its leaves as a household culinary herb is believed to be a comparatively recent one.

Application

INHALATION

direct inhalation, diffuser, oil vaporizer

It may be included in blends for breathing support, and the aroma may be more appreciated by some than other oils used for this purpose. Bay Laurel essential oil can be safely used as an immune system support agent, particularly when one may be exposed to higher risk situations or may find their immune system depleted from traveling or stress.

TOPICAL

massage, compress, bath, skin care

This oil has a lovely aroma, and would make an excellent addition to joint and muscle formulas not only due to its therapeutic action, but its beautiful spicy and herbaceous scent!

This Bay Laurel oil will blend well with others in the same family such as [Eucalyptus](#), [Rosemary](#) and [Clary sage](#) as well as [Pine](#), [Juniper](#), [Lavender](#), most citrus and spice oils.

Therapeutic Properties

Analgesic: The essential oil has very good antinociceptive action (inhibits the sensation of pain) (Sayyah *et al.* 2003). In traditional Iranian medicine, Laurel leaves are used topically to relieve rheumatic pain.



Anti-inflammatory: The essential oil has excellent anti-inflammatory activity (Sayyah *et al.* 2003).

Antispasmodic: Laurel Leaf has been effective in blends for reducing digestive and muscle spasms.

Carminative: Laurel Leaf has been effective in blends for reducing gas. See **Blending Ideas**.

Decongestant: Laurel Leaf is believed to reduce tissue congestion and support the lymphatic system.

Diuretic: It has been observed that massage with blends containing Laurel Leaf essential oil can stimulate diuresis.

Expectorant: Based on its significant 1,8 cineole content, the essential oil should have beneficial effects on the respiratory system, including an expectorant action. It might also be useful for preventing and managing infections.

Febrifuge: Grieve (1992) mentions that Laurel leaves, berries, and oil can reduce fever.

Emotional/Energetic Qualities

Uplifts the mind and thoughts

Helps focus attention and concentration

Moves stuck energy (emotional and energetic stagnation)

Boosts confidence

Warming

Safety

Non-toxic and a non-irritant. However, individuals with skin sensitivities should use sparingly. Always test a small amount first for sensitivity or allergic reaction.

Should not be used during pregnancy.

****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.**

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](#).