



VALERIAN ROOT Essential Oil

Botanical Name: Valeriana wallichii

Plant Part: Root

Origin: India

Processing Method: Steam Distillation

Child Safe: Yes

Description / Color / Consistency: A viscous olive or reddish to brown liquid.

Aromatic Summary / Note / Strength of Aroma: A base note with a medium aroma, Valerian Root Essential Oil has a deep, earthy, slightly woody scent.

Product Abstract: A single flowering stem rises of up to four feet rises from the root. Its leaves are lancet-shaped, and it has small fleshy pink flowers with a peculiar scent. Valerian is native to Europe, North America, and the northern part of Asia. Altogether, the genus contains about 150 different species that are widely distributed throughout temperate zones. Both the root and the rhizome are highly prized. The major chemical constituents of Valerian have only fairly recently been identified as a sesquiterpene grouping of bicyclo[8, 1, 0] 5 β -hydroxyl-7 β -acetoxyl-5 α ,11, 11'-trimethyl-E-1(10)-ene-4 α , 15-olide [Briq, 2006]. Valerian Root is believed to be a suitable replacement for catnip based on similar chemical components.

Therapeutic Uses

SKIN CARE

- reduces dandruff
- neutralizes microbes
- heals minor sores and closed wounds
- Good for eczema.

MUSCULOSKELETAL SYSTEM

- relaxes muscles
- relaxes cramping

DIGESTIVE SYSTEM

- settles digestion
- increases absorption in the intestines
- promotes normal peristalsis



- assists the body's natural eliminatory response
- increases appetite
- relaxes cramping

CIRCULATORY SYSTEM

- decreases blood circulation

GENITOURINARY SYSTEM

- promotes urination
- helps maintain kidney action

NERVOUS SYSTEM

- depresses the Central nervous system
- promotes sleep
- calms the nervous system
- relieves stress
- reduces incidence of migraine and tension headaches

SUBTLE AROMATHERAPY

- Valerian Root is emotionally balancing and grounding.
- Valerian Root is so linked to the glandular/endocrine experience of taste that the mere thought of it will make people dream. Sensitive individuals should however avoid it in the evening, as it has slightly stimulating properties.

Application

INHALATION

- direct inhalation, diffuser, oil vaporizer
- Inhale to receive the nervous system benefits.
- Researchers have pinpointed the sesquiterpenes 'valerenic acid' and 'valerone' as the active constituents that exert a calming and restorative effect on the central nervous system.

TOPICAL

- massage, compress, bath, skincare



- Topically, Valerian has been used for skin complaints such as ulcers, eczema, minor sores and closed wounds.
- Apply a small amount on the feet or temples for rest and improved sleep. Be prepared, it has a potent aroma!

Aromatherapy Details

- Valerian Root Essential Oil is a base note with a very rich, tenacious, musky, woody, balsamic aroma.
- Valerian essential oil blends well with essential oils of [Cedarwood](#), [Lavender](#), [Mandarin](#), [Patchouli](#), [Petitgrain](#), [Pine](#), [Rosemary](#) and [Tangerine](#)

Safety

- Non-toxic, non-irritant, possible skin sensitization. Always test a small amount first for sensitivity or allergic reaction.
- Do NOT use during pregnancy.
- Do NOT use in combination with pharmaceutical sedatives, antidepressants, or alcohol.

****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](#).