



VETIVER Essential Oil



Botanical Name: Vetiveria Zizanoides

Plant Part: Root

Origin: India

Processing Method: Steam distilled

Child Safe: Yes

ABOUT THE OIL

This essential oil is steam distilled from the roots of the plant is a thick amber liquid with a scent that, like [Patchouli](#) and [Sandalwood](#), improves with age. Vetiver has an earthy aroma, some say similar to that of [Patchouli](#) with a touch of [Lemon](#).

Although it may be known as the world's most commonly used perfume fixative—meaning it is an effective base note that holds lighter top notes to the skin—Vetiver is an extremely healing oil to the body and the mind. Because its chemical properties are a function of the soil it is grown in, each batch of vetiver oil will have fragrance and therapeutic variations that are unique and subtle. One of the most biochemically complex of all essential oils, vetiver contains at least 150 identified aromatic compounds, and many more that remain unidentified. Its main constituent is vetiverol (50-75%), a sesquiterpene alcohol.

Vetiver oil has an earthy musky smell and it has a grounding, calming and balancing effect on the body. This oil is one of the oils that is safe to use both externally and internally to protect wounds and organs from sepsis. Good quality Vetiver oil is dark brown in color and can be combined with other oils.

Therapeutic Properties

Anti-inflammatory: Vetiver may have an anti-inflammatory action because of its high levels of sesquiterpenes and sesquiterpenols.

Antifungal: Vetiver's skin healing properties can contribute to antifungal blends.

CNS sedative: In Ayurvedic medicine, the incense and essential oil are used to cool the mind and improve concentration (Svoboda 2004).

Immunostimulant: Lawless 1992, Schnaubelt (1998) and Price and Price (2007) suggest that Vetiver is an immunostimulant.

Skin healing: Mojay (1996) suggested that Vetiver can be used to treat eczema.



Applications

Anxiety, depression, and insomnia: Vetiver is perhaps best known for its deeply calming, grounding aroma. This root oil has a depth of character and complexity that still calls my attention after many years of using it. It was used for thousands of years in India as a perfume, and this is my favorite use of it today—not to mention that it boosts your immune system as you wear it! Just as you can use essential oils for cleaning rather than toxic chemicals, you can use Vetiver (or Sandalwood) as a perfume instead of chemically derived fragrances. On occasion, I like to run my finger over the top of the bottle and put that on my wrists and neck. Be sure that you don't have a sensitive reaction to it. If you tend to have sensitive skin, dilute it in some jojoba oil and make an oil-based perfume, or add it to a cream. It's hard to diffuse this oil. It's very thick, and like all thick oils, it clogs electric diffusers. It's a base note and diffuses very slowly, so it adds a great lasting quality to blends. Vetiver is an oil that people tend to strongly like or dislike, so check first!

Immune support: Used in a bath or as a personal fragrance, Vetiver can not only relax you—it can support your immune system.

Musculoskeletal: Vetiver can be used in blends for arthritis, rheumatism, and sore muscles, and also for muscle tension originating from stress and tension.

Skincare: Vetiver is excellent for skincare on all types of skin. It may be useful for eczema and acne

Safety

Generally non-toxic, non-irritant and non-sensitizing. Always test a small amount first for sensitivity or allergic reaction.

If pregnant or breast-feeding consult with a physician prior to use.

[All About Vetiver Oil](#)

****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](#).