

Essential oils at a glance

Gill Gummer

Oil of the month – Jasmine

Name of oil:	Jasmine Absolute	Latin name:	<i>Jasminum officinale</i>
Description of plant:	An evergreen climber that produces white star-shaped, sweet-smelling blossoms; their fragrances intensifies at night	Nature of oil:	An orangey-brown viscous liquid
Method of oil extraction:	Solvent extraction of the fresh flowers picked after dusk	Blends well with:	Other floral essences, citrus essences, clary sage, sandalwood.
Specific precautions required:	Avoid using during pregnancy. May irritate sensitive skin. Highly odoriferous; use sparingly		
Aromatherapeutic properties:	A reputed aphrodisiac. Muscular aches and pains, catarrh, coughs, laryngitis, painful menstruation, labour pains, depression, premenstrual syndrome, stress-related disorders		

Information from: Wildwood C. *Aromatherapy*. Bloomsbury Publishing Plc, 1996.

For more information on essential oils and, specifically, their role in stress management, visit:

<http://www.aroma4u.co.uk/stressatwork.html>

Dr Gillian Hale is co-founder of **[aroma4u.co.uk](http://www.aroma4u.co.uk)**, A home based UK business providing Aromatherapy Stress Relief Gifts.

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