



Patchouli Essential Oil

by
The Reformed Bohemian



Table of Contents

1. About PatchouliEssential Oil	3
2. Healing properties	4
3. Ways to use	6
4. Blends	9
5. Side effects	10
6.. About the Reformed Bohemian	11

Find out more at www.reformedbohemian.com



Patchouli Essential Oil

Patchouli essential oil has a musky earthy scent, it's good for the skin, helps fight infections and is good for relieving stress.

About Patchouli

Patchouli oil has a beneficial effect on the skin, helps for infections and insect bites, water retention and can help with stress related problems and addictions. It is also effective in improving mood, anxiety and depression.

Added to a bath or added to body lotion Patchouli is effective in improving the appearance of cellulite as well as soothing conditions such as psoriasis, eczema and dermatitis.

Patchouli also has superb regenerating properties which can be used to make excellent anti-aging products by adding a few drops to body lotions or creams. These regenerative properties can also help to prevent scarring and improve the appearance of existing scars.



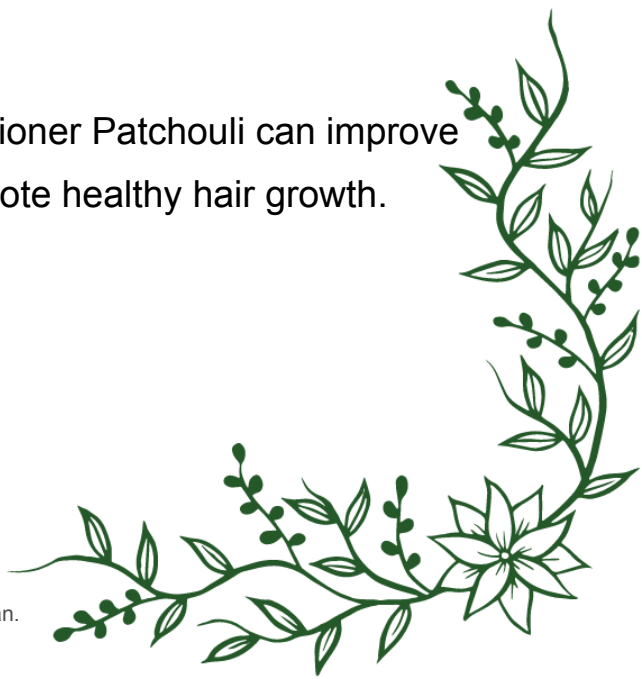
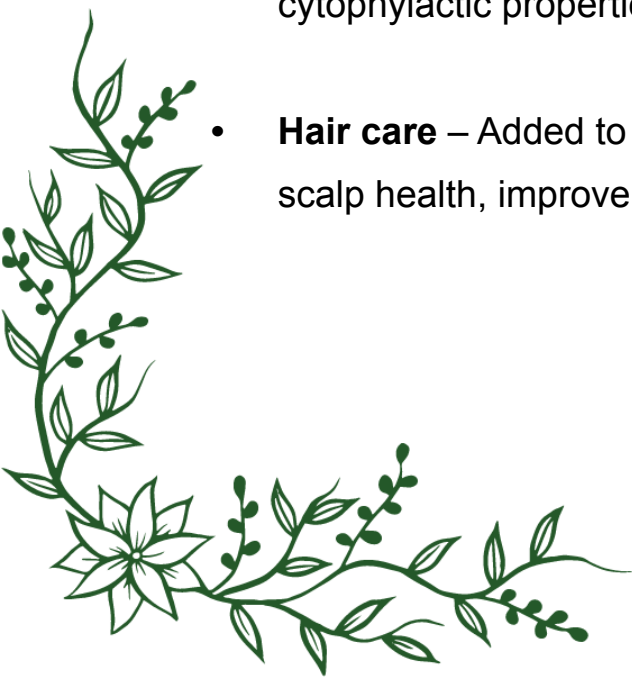
Healing Properties Of Patchouli Essential Oil

Patchouli essential oil has the following healing properties:

Properties

Sedative, Anti-fungal, Antiseptic, Diuretic, Cytophylactic, Insecticide, Aphrodisiac and Emollient.

- **Anxiety and depression** – Patchouli is an uplifting oil with sedative properties, it's effective in improving mood, easing feelings of depression and anxiety.
- **Anti-aging** - Patchouli is great for adding to skincare products to make an anti-aging formula due to its regenerating cytophylactic and emollient properties, it helps rejuvenate the skin and stimulate the formation of new skin cells.
- **Cellulite** – Patchouli can be effective in improving the appearance of cellulite due to its diuretic, emollient and cytophylactic properties.
- **Speeds up healing** - Use Patchouli to prevent wounds forming ugly scars and to speed up healing time due to its antiseptic and cytophylactic properties.
- **Hair care** – Added to shampoo or conditioner Patchouli can improve scalp health, improve dandruff and promote healthy hair growth.



- **Fluid retention** – Patchouli can be used to relieve fluid retention, bloating and constipation due to its diuretic properties.
- **Skin conditions** - Acne, eczema, psoriasis, ulcers, slow healing wounds can all benefit from Patchouli's antiseptic and emollient properties.
- **Aphrodisiac** – Patchouli has aphrodisiac properties so it can be used to create a romantic atmosphere and help with impotence.
- **Insect repellent** – Patchouli is an effective insect repellent which can be added to skin care products such as body lotions due to insecticidal properties.
- **Fungal infections** – due to its anti-fungal properties Patchouli can be used on athlete's foot and warts and verrucas.



Ways to use Patchouli Essential Oil

Diffuse

- Patchouli essential oil can be used in diffusers or oil burners. Using Patchouli essential oil in this way is particularly beneficial in creating an uplifting atmosphere that can ease feelings of depression and anxiety and also to create an amorous atmosphere as well as acting as an insect repellent.

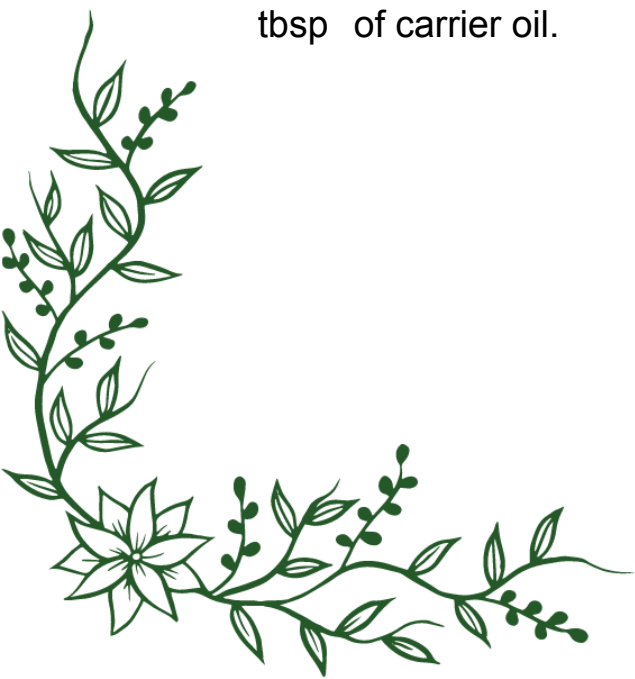
Diffuse 1 - 3 drops of Patchouli essential oil in an oil burner or diffuser.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles adding Patchouli oil to a massage can help to improve the appearance of cellulite and soothe skin conditions such as dermatitis, eczema and psoriasis. The aroma of the oil can be used to fight anxiety and depression leaving people feeling calm and relaxed while at the same time creating a very amorous atmosphere if desired.

Adults - up to 7 drops of Patchouli essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops Patchouli essential oil in 1 tbsp of carrier oil.



Cream

- Adding a few drops of Patchouli to a base cream is a great way of harnessing its regenerative properties making a great anti-aging face cream. It can also be used to improve the appearance of scars and cellulite as it stimulates the growth of new cells. It can be used to speed up healing of minor cuts and scrapes and to soothe skin conditions such as psoriasis, eczema and acne. It can also be used to treat athletes' foot, warts and verrucae

Add up to 12 drops of Patchouli essential oil to 30 ml of base cream.

Shampoo

- Add a few drops of Patchouli essential oil to your normal shampoo to increase the circulation to the scalp which can improve hair growth. It also acts as a general conditioner and tonic for the hair and scalp, helping with issues such as dandruff.

Add 10 – 12 drops of Patchouli essential oil to your normal shampoo.



Bath

- Patchouli essential oil can be added to a warm bath to relieve fungal infections such as athletes' foot and in soothing skin conditions such as dermatitis, eczema and psoriasis. It's also effective in improving the appearance of scars and cellulite and as the oils disperse into the air it can create an uplifting mood enhancing atmosphere helping to relieve feelings of depression and anxiety.

Add 1 - 3 drops of Patchouli essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Patchouli goes particularly well with oils such as:

- Bergamot
- Clary sage
- Geranium
- Lavender
- Myrrh
- Frankincense
- Ginger
- Lemongrass
- Sandalwood



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Patchouli oil can affect blood clotting therefore people who are taking blood-thinning medication, have bleeding disorders such as haemophilia or have recently had or will be undergoing major surgery should avoid Patchouli.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

www.reformedbohemian.com

email: hello@reformedbohemian.com

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