



## 🌿 Patchouli

### *Pogostemon cablin*

A member of the mint family, Patchouli is known to help with skin imperfections, while also providing a grounding, balancing effect on emotions.

Part Number: 30890001

Size: 15 mL

Wholesale: \$29.50

Retail: \$39.33

PV: 29.50



### Primary Benefits

- Grounding, balancing effect on emotions
- Promotes a smooth, glowing complexion
- Reduces the appearance of wrinkles, blemishes, and skin imperfections

### Aromatic Description

Herbaceous, camphoraceous

### Collection Method

Steam Distillation

### Plant Part

Leaf

### Description

Patchouli is a bushy herb from the mint family with stems reaching two or three feet in height and bearing small, pink-white flowers. Easily recognized for its rich, musky-sweet fragrance, Patchouli is regularly used in the perfume industry as well as in scented products such as laundry detergents and air fresheners. Patchouli is beneficial to the skin in many ways. It is often used to help reduce the appearance of wrinkles, blemishes, and minor skin imperfections and to promote a smooth, glowing complexion. The fragrance of Patchouli provides a grounding, balancing effect on emotions.

## Main Constituents

Patchouli alcohol,  $\alpha$ -Bulnesene,  $\alpha$ -Guaiene

## Uses

- Combine with Peppermint and apply to the forehead, temples, or back of the neck after a long day of work.
- Apply one to two drops to help reduce the appearance of wrinkles, blemishes, or problem skin areas, or add to your favorite moisturizer.
- Combine with Vetiver and apply to the bottoms of feet to help calm emotions.

## Directions for Use

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with doTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.