

MAY CHANG



Plant/Part: Fruit (Source: Asia, especially China)

Latin Name: Litsea cubeba

Family: Lauraceae

Extraction: Steam Distillation

AROMA: A sweet citrus and fruity fragrance

PROPERTIES: Antidepressant, antiseptic, astringent, carminative, cordial, galactagogue, hypotensive, insecticide, stimulant, tonic.

CHEMICAL CONSTITUENTS: Citral, Dipentene, Linalol, Geraniol.

PRECAUTIONS: Non-toxic, non-irritant and possibly sensitising in some individuals.

BLENDS: Blends well with: Basil, bergamot, geranium, ginger, jasmine, lavender, lemon, neroli, orange, petitgrain, rose, rosemary, rosewood, ylang ylang.

A small tropical tree with fragrant, lemongrass-scented leaves and flowers. It is related to the Laurel, Rosewood and Cinnamon trees. An evergreen tree or shrub. It produces small white flower and a fruit which resembles a pepper corn. The small fruits that it produces are similar to peppers, from which the name 'cubeba' is derived. The essential oil is chemically similar to lemongrass Melissa and other oils rich in citral, and the therapeutic effects are similar to Lemongrass. Its odour, however, is finer than lemongrass, it is more lemon like closer to a true verbena oil, but at a fraction of the cost.

May Chang (Litsea Cubeba) May Chang known as an "Oil of Tranquility" is recognized for its powerful effect in terms of promoting physical relaxation and mental calm. It is recommended for those suffering from work related stress and the "can't switch off" phenomenon. Historically the oil from this exotic plant has been blended with almond oil and used to perfume the body prior to meditation or prayer in order to impart a sense of strength, calm and mental clarity.

It complements most of the middle notes (herbs and flowers) and works particularly well with Sandalwood or cedar wood. May Chang has a gentle pungency which can be helpful when you wish to cover the scent of an oil which is helpful to the patient but not always appreciated in terms of scent. Tea tree and Clary sage are two contenders.

It injects a stimulating, uplifting atmosphere to a blend. Complemented well by Lavender, Orange, Neroli and Petitgrain. With the same uplifting, revitalising properties as Bergamot this oil can also be used on greasy skin and hair

Blend with Tea Tree and use in a burner in the home or office during those months when everyday infections are circulating. 1 drop of tea tree to every two drops of May Chang. Use Cedar wood , Lavender and May Chang in equal proportions in a base of almond oil for a massage prior to an important event or challenge.