

VETIVERT



Plant/Part: Grass/Root (Source : Madagascar)

Latin Name: Vetiveria Zizanoides (L.) Staph., Andropogon muricatus

Family: Poaceae (Gramineae)

Extraction: Steam Distillation

AROMA: Earthy, smoky aroma, which is more pleasant when diluted.

PROPERTIES: Sometimes known as Vetiver. Deeply relaxing, soothing oil for the mind and body. Its balancing effect on the central nervous system instils a more centred feeling and may be useful in helping people ease off tranquillisers. Said to cleanse the aura - the energy field around the body - and to strengthen the auric shield which can be instrumental in keeping out disease. Despite its sedative action, very helpful in cases of mental and physical exhaustion. It revitalises the

body by fortifying the red blood corpuscles crucial in transporting oxygen to all parts of the system. Increased blood flow could alleviate muscular aches and pains and said to be useful in cases of rheumatism and arthritis. Reputedly a tonic to the reproductive system and its relaxing quality seems to have some effect on tension underlying sexual problems. Generally helps to restore the body back to health, not least through its ability to promote sleep, helpful in cases of insomnia.

CHEMICAL CONSTITUENTS: Vetiverol, Vitivone and Vetivenes.

BLENDS: Blends subtly with Lavender, Sandalwood and Jasmine, Sandalwood, Jasmine, Patchouli, Lavender, Clary Sage, Mimosa, and Ylang Ylang.

Genito/Urinary: tones the reproductive organs and helps balance female hormones.

Circulatory: cleanses the blood (depurative), stimulates circulation and the production of red blood cells.

Muscles/joints: relieves muscular aches and pains, decreases stiffness, helpful in arthritis, rheumatism, used for sprains.

Skin/hair: antiseptic, balances the production of sebum, helps to moisturize the skin, soothes irritation and inflammation, helps wounds and cuts to heal. "when used regularly during pregnancy, (...) reportedly prevents stretch marks" (r. wilson)

Emotions/mind: strengthens the nervous system (nervine), reduces anxiety, stress, tension, depression. has a balancing effect, helps to stabilize energy. deeply relaxing and calming, useful for insomnia (r. wilson even calls it "a natural tranquilizer"). helps to concentrate, organize scattered thoughts and overcome intellectual fatigue.

General: a natural deodorant.



Vetivert (*Andropogon Muricatus*) is a scented grass native to India and some other tropical areas. It is botanically related to **LEMONGRASS** and **CITRONELLA**.

The essential oil is dark brown and quite thick in consistency, and the smell is subtle, and not easy to define. It has a depth and smokiness somewhat reminiscent of both **MYRRH** and **PATCHOULI**, but when diluted lemony overtones become more apparent, and the perfume is altogether more pleasing in dilution. Vetivert is deeply relaxing, so valuable in massage and baths for anybody experiencing stress. It makes a refreshing bath oil, and adds a subtle note to many blends for massage.

Among other oils, it blends very well with **SANDALWOOD** and **JASMINE**, and could be considered as an alternative bass note in blends where Myrrh might otherwise be used.