

Cistus Essential Oil



Product Details

Botanical Name: *Cistus ladanifer*

Country of Origin: Spain

Extraction Process: Steam Distilled

Part of the Plant Used: Leaves and Stalk



Description: Cistus Essential Oil has a herbaceous, sweet aroma. This plant, also known as Rockrose, grows wild throughout the Mediterranean region. This very fragrant bush was sought after highly by the Greeks. They used the resin of this plant for menstrual problems, colds, coughs, rheumatism, and they also used it as an aphrodisiac. The process of gathering the resin was hard and long. When heated down they had made a crude essential oil. They used this crude oil in many perfumes and sold it across the Mediterranean sea, making it very popular. When correctly steam distilled, Cistus essential oil is used for many different things from perfume to face healing oils.

Common Uses & Benefits: Cistus has been traditionally applied to help acne, age spots, skin tightening, meditation, infections, and anxiety.

Therapeutic Properties: Antimicrobial, Antiseptic, Astringent, Emmenagogue, Expectorant, Sedative, Vulnerary.

Directions: Recommended to properly blend in a carrier oil prior to topical applications. Patch test before use in case of sensitivity.

Blends Well With:

Balsam Fir, Cedarwood Himalayan, Cinnamon, Ylang Ylang, Basil, Lavender.

Cautions: Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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