

# Jasmine

## *Jasminum Grandiflorum*

When using doTERRA's essential oils--a very small amount is amazing!!

"Jasmine's cool, waxy flowers open to the sultry night air and must be picked before dawn to obtain the fragrance at its peak. They produce an essence infused with the sun's glory and the moon's magnetism."

Jane Grayson, *The Fragrant Year*



Historically, caution was taken during early pregnancy in using Jasmine!!!

Jasmine has beautifully fragrant flowers that are star-shaped and usually white or yellow in color.

An "absolute," –done with grain alcohol so there are no solvent toxins left after this process is complete = maybe one molecule per 10 million in 'measurable' grain alcohol residue – sooo clean – so beneficial but Dr. Hill or Emily will give more detail on this aspect.

Historically, Jasmine has proven helpful as an analgesic, antidepressant, anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, calmative, emollient, hoarseness relief, Labor and Delivery, impotence, lactogenic, menstrual pain, muscle spasms, nervous chills, PTSD recovery, sexual tonic, skin care, uterine tonic and healing of Broken Hearts.

Blends well with: Bergamot, Frankincense, Geranium, Helichrysum, Lemongrass, Melissa, Rose, Sandalwood, Wild Orange, Roman Chamomile, Lavender and Lemon.

Jasmine is excellent to use during childbirth in massage over the low back and abdomen in the early stages of labor, (clary sage & lavender mix well and work well together in this activity-Stephanie Fritz has a very helpful book on this topic that can be purchased at [www.aromatools.com](http://www.aromatools.com)) and alleviates pain, strengthens contractions and helps expel the placenta. Is great to strengthen male sex organs and helpful with enlarged prostate gland.

Psychologically and emotionally the benefits of Jasmine can be uplifting and stimulating; it can combat depression, frigidity, listlessness, nervous exhaustion and general discord. Warms and opens emotions so it brings joy and harmony to the heart. Is excellent for rebuilding confidence as it soothes the brain and allows gifts to be more easily felt and trusted.

Unusual in how the emotions are effected – for depression, it can produce a feeling of optimism, euphoria and confidence. It is a nerve sedative but at the same time it is very uplifting – very useful in cases of apathy, lethargy, listlessness and indifference.

Whenever fear and vulnerability, or anxiety and depression, cut us off from our ability to share physical pleasure and affection, Jasmine oil can support, reassure, and delight. Its gently penetrating warm, joyous fragrance allows the heart to flow again through the river of the senses.

Keeping in mind Jasmine's euphoric, sensual qualities, Jasmine is most applicable for the kind of depression that results from unconscious restraint and repression – an approach to life based on values discordant with the individual beliefs and its true desires.

**Broken Hearts**, whether teenager's first love/crush/depression or adult disappointments, the benefits of Jasmine are amazing. Inhaling diffused Jasmine quiets the list of harsh self-judgment and victim thinking rages. If the person wants to change how they feel or view life, Jasmine opens the edge of gratitude awareness so that new possibilities can ease in successfully.

Jasmine combined with Rose – tiny bits of each – work gently to **allow creativity to flow again and harmony to support perfect love of self and appreciation of lessons and virtues.**

Is beneficial for **dry, oily, irritated, mature or sensitive skin and eczema (as an emotional response to stress).**

Jasmine is already contained in some doTERRA products; The Anti-Aging Moisturizer, The Hydrating Cream and the amazing Whisper Blend.

DIFFUSE: amazing **gentling of depression** just by inhaling. Mood lifting for all occasions – remember this is one of those –less is more – a tiny bit goes a long way.

**Meditation for trusting own intuition:** - Jasmine, Ylang-Ylang, Cassia and Frankincense – 2 drops of each in Lotus Diffuser – turn on for 20 minutes prior to start. Shut off diffuser and begin meditation – focus on freedom thru breathing...always come back to simple breathing. "In this moment I am Free to Be ME at Peace and learning to love Stillness."

**Chapped Skin:** Jasmine 1 drop, Geranium 1 drop in palm of hand and add 1 tablespoon of Spa Hand and Body Lotion and blend and apply to hands, neck, fingers for relief, and healing of irritation. (Drink more water.)

**Overcome Nervous Exhaustion:** 1 tablespoon of Fractionated Coconut Oil, 2 drops Jasmine, 3 Patchouli, 2 Ginger, 2 Clary Sage and 3 Helichrysum; gently blend in glass container. Add 6 drops to ¼ cup Epsom salts and soak feet in dishpan while drinking warm water with Lemon; Apply to warmed feet – tops and bottoms and then put on warm socks apply to back of neck and on sternum and get to bed to rest. "I know that recharging my body and mind is the best decision I can make for me right now."

**Relief For - Lack Of Self Worth:** 1 tablespoon of Fractionated Coconut Oil, 2 drops of Rose, 3 drops of Jasmine; blend in glass container, gently mix. Apply to lining of shirt collar, apply to inside of underwear edges, inside rim of hat, anywhere that body will warm up and then be absorbed gradually. Apply to the backs of knees or bottoms of feet and focus on: "I can do anything I want and enjoy the planning, execution and completion."

**Summon Courage:** 2 drops Jasmine, 3 drops White Fir, 2 drops Ylang-Ylang, 3 drops Frankincense; Gently blend in glass container and apply to wrists, low back, back of neck and focus on; "I am stronger each day in completing my goals."

**Relief For Cold & Joyless:** 1 tablespoon of Fractionated Coconut Oil, 3 drops of Jasmine, 1 drop of Ylang Ylang, 1 drop of Wild Orange; blend in glass container, gently mix. Apply to sternum in an upward motion right up to end of chin and focus on: "I know I can move on in life and expect to feel better and better each day."

**Relief For Burdened & Humorless:** 1 tablespoon of Fractionated Coconut Oil, 2 drops of Jasmine, 3 drops of Lemon; blend in glass container, gently mix. Apply to the bones behind the ears, or around the core, or on the collarbones and the back of the neck. Focus on: "I Trust the Boss (my higher power) to take care of what I feel I can't."

## Protocols for:

**Broken Heart:** 1 teaspoon Fractionated Coconut Oil, Jasmine 1 drop, Rose 1 drop; gently mix in glass container; apply over the heart, heart points on the hands, wrists, back of the neck and inhale deeply. Apply 3 – 4 times a day to support your new feelings and creative flow. Allow your energy to balance and let your heart grow warm and enjoy rediscovery of your virtues and talents. Focus on: “I am open to a change of feelings and change of perceptions.” “I am allowing my feelings to change and am accepting my gifts and talents.” “I am moving to reconnect with my co-creator of good ideas and good feelings to feel satisfaction in creative tasks again.”

**Cough That Won't Leave:** 1 tablespoon of Fractionated Coconut Oil, 2 drops of Jasmine, 3 drops of Myrrh , 2 drops Geranium, 3 drops Lemon; gently blend in glass container and apply in upward motion from sternum to tip of chin with focus on: “I know I am responsible to make me happy. I am able to clearly express what I want and when I need it.”

**Chronic Systemic Infections:** Supports body systems thru creating an improved environment for the rapid recovering of balanced systems...medication will work better and oxygenation processes are improved. Jasmine 2 drops, White Fir 4 drops, Frankincense 6 drops, Basil 5 drops, Myrrh 3 drops, Bergamot 4 drops, Melissa 3 drops; gently blend in glass container...“I love my life and appreciate my body.” “I am able to feel changes in my system and know I am getting better.”

**Post Partum Depression:** 1 tablespoon of Fractionated Coconut Oil, Jasmine 2 drops, Rose 2 drops, Frankincense 2 drops; gently mix in a glass container. Diffuse, apply to wrists and inhale 3 - 4 times a day and increase water intake. “I am patient with this process, I am happy to be me and feel better and better each day.”

**Diagnosed Depression:** Work with your physician and keep yourself hydrated with lots of water – Diffuse Jasmine by itself early in the day, add Frankincense or Geranium mid day and then for restful sleep diffuse Jasmine/Lavender. (10 minutes per hour) The combination of inhaling the oils on a regular basis during the day and keeping hydrated will be amazing --- gently and gradually daily there will be improvement in the coping abilities of the patient – if the diffusing is consistent and the hydration is consistent, the effectiveness of the medication will be noticed and a discussion with the physician may be in order. Diet is very important with diagnosed depression – LLV pack has been demonstrating a keen ability to support balance in so many systems of the body, TerraZyme is excellent to digest food so that it might be absorbed efficiently, GX Assist & PB Assist are amazing to support balance in elimination on a regular basis, DDR is amazing for clearing of cellular groups that are not performing well and need to be replaced by healthy new cells.

**Voice/Hoarse/Laryngitis:** choose any of the following combo's and apply to the front of the throat down onto the sternum, on the wrists and inhale deeply. Jasmine 1/Myrrh 2/Lemon 3; Jasmine 1/Geranium 2/Bergamot 2; Jasmine 1/Basil 2/Lime 3; Jasmine 1/Cypress 2/Wild Orange 3. Apply every ½ hour for acute problem – 3 times a day when recovering from illness.

Resources we use on a regular basis:

Aromatools.com for bags, books, tools

Modern Essentials, Abundant Health, LLC, 2009

Healing Oils of The Bible, David Stewart, 2005.

Aromatherapy in Medicine, Jacque du Preneau, 1908.

Aromatherapy, Essential Oils for Vibrant Health and Beauty, Roberta Wilson, 2002

Clinical Aromatherapy, Essential Oils in Practice, by Jane Buckle ,RN,PhD.,2003

Aromatherapy Handbook for Beauty, Hair and Skin Care, by Erich Keller, 1992

Aromatherapy For Healing The Spirit, by Gabriel ojay, 1997

The Art of Aromatherapy, Robert Tisserand, 1995

NOTE: The advice shared in this document has not been evaluated by the FDA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help. Kindly understand that essential oils work to help to bring the body into balance - thus helping the body's natural defenses to restore homeostasis. Essential oils are not used to "treat" medical problems. This document was researched and prepared as a beginning for new people to doTERRA's CPTG Essential Oils by Dr. Susan Lawton.