

ESSENTIAL OIL: NEROLI OIL

Volume No. 154

Botanical Name: Citrus Aurantium
Amara

Part of Plant Used: Flowers

Odour & Taste: Floral, citrus, sweet
and slightly spicy

Colour: Clear colourless to yellow coloured liquid

Active Content: Linalool–NLT 25%, Linalyl acetate – NLT 10%



Literature

- Neroli essential oil is a versatile and powerful tool for improving your feeling of good health and well-being. Neroli oil has a wide range of potential benefits and uses. It is extracted through steam distillation, which uses steam to distil the oil from the orange blossoms. It has a very floral, fresh and citrusy scent, which refreshes mind and creates a relaxed environment. The oil is often used in perfumes and other scented products and is known for its calming and uplifting effects on a poor mood.
- This oil gives multiple benefits to both physical and mental health.

BENEFITS OF NEROLI ESSENTIAL OIL



Anti-acne

Neroli essential oil is a natural anti-bacterial. It fights off the acne causing bacteria and removes dead skin from the skin. It also prevents reoccurrence of acne and pimples.



Anti-Ageing

It is filled with anti-oxidants which binds with free radicals that cause premature ageing of skin and body. It also prevents oxidation that reduces fine lines, wrinkles and darkness around the mouth. It also promotes faster healing of cuts and bruises on the face and reduces scars and marks.



Glowing look

Neroli essential oil is rich in anti-oxidants and an excellent healing agent, that remove blemishes, marks, dark spots and hyper pigmentation caused by oxidation. It promotes good blood circulation, which makes skin plump red and glowing.



Dandruff and Clean Scalp

Its anti-bacterial and anti-microbial properties clear scalp and reduce dandruff.



Prevents Infections:

It is anti-bacterial and anti - microbial in nature thus forms a protective layer against infection causing microorganisms. It prevents body from infections, rashes, boils and allergies and soothes irritated skin.



Reduce Stress and Anxiety

Neroli essential oil is effective for treating anxiety and reducing stress due to its calming and relaxing properties.

BENEFITS



Digestion Disorders

It has anti-spasmodic and carminative properties, thus effective for treating digestive disorders such as painful gas, indigestion, bloating and constipation. It can be massaged on to abdomen to reduce stomach ache as well.



Reduces Cough and Flu

It is used to treat cough cold and treat sore throat. Its citrusy aroma clears mucus and blockage inside the air passage and improves breathing.



Pain Relief

Neroli oil has anti-inflammatory properties thus treats menstrual cramps, headaches, open wounds and cuts. It is used to reduce stretch marks, bruises cut and scars as well.



Pleasant Fragrance

It has a very strong floral and refreshing fragrance which is known to lighten the environment and bring peace to surrounding. Its pleasant smell is used in Aromatherapy to relax body and mind. It is also added to perfumes and deodorants.



Liver Health

Neroli oil is rich in bioactive flavonoids that are beneficial for liver health as well as helping to prevent inflammatory diseases. It protects from lower liver toxicity, reduce inflammatory bowel issues, ulcerative colitis, assist in prevention of type 2 diabetes and cancers of the liver, lung, breast and prostate



Blood Pressure

Inhaling neroli oil lowers blood pressure by reducing cortisol a stress hormone.



Chronic Depression

Neroli oil lower the symptoms of chronic depression and get rid of the mental issue. This oil is used to treat depression by using aromatherapy. The aroma is a mood up-lifter, which reduces the amount of the hormone cortisol in the body.

USES

- **Skin Care Products:** It is used in making skin care products. It removes acne causing bacteria, pimples, blackheads and gives a clear and glowing appearance.
- **Hair Care Products:** It has been used for hair care. Neroli Essential oil is used in hair oils and shampoos for dandruff and prevents itchy scalp.
- **Infection Treatment:** It is used in making antiseptic creams and gels to treat infections. It is used in making wound healing creams, scar removing creams and first aid ointments. It can also clear up insect bites and restrict itching.
- **Scented Candles:** Its strong, fresh, floral and citrusy aroma gives candles a unique and calming scent, which is useful during stressful times. It deodorizes the air and creates a peaceful environment. It can be used to relieve stress, tension and improve sleep quality.
- **Aromatherapy:** Using just a drop of Neroli oil in your daily routine can promote a sense of relaxation and calmness, making it an easy and natural way to enhance your well-being. It also improves sleep quality and promotes relaxation.
- **Soap Making:** Due to its anti-bacterial and antiseptic qualities it is used in making soaps and hand washes. It can be added to bathing products like shower gels, body washes, and body scrubs that focus on Anti-ageing.
- **Massage Therapy:** It is used in massage therapy due to its anti-inflammatory nature and benefits to uplift mood. It can be massaged for pain relief and improving blood circulation. It can be massaged on abdomen to relieve painful gas and constipation.
- **Perfumes, Deodorants and Fresheners:** It is used in massage therapy due to its anti-inflammatory nature and benefits to uplift mood. It can be massaged for pain relief and improving blood circulation. It can be massaged on abdomen to relieve painful gas and constipation.

GLYCYRRHIZA GLABRA

Scientific Name:	Glycyrrhiza glabra
Kingdom:	Plantae
Order:	Fabales
Genus	Glycyrrhiza
Species:	G. glabra
Part of Plant Used:	Root and Rhizome



Synonyms:

Glycyrrhiza brachycarpa, Glycyrrhiza glandulifera Waldst, Glycyrrhiza hirsute, Glycyrrhiza pallida, Glycyrrhiza violacea.

Phytochemicals:

Glycyrrhizin, Glycyrrhetic acid, Isoliquiritin, Isoflavones.

LITERATURE AND PROPERTIES

Glycyrrhiza glabra is cultivated throughout Europe, Asia, and the Middle East. It is used as flavouring in candy, other foods, beverages, and tobacco products.

Glycyrrhiza glabra root has a long history of use, going back to ancient Assyrian, Egyptian, Chinese, and Indian cultures. It was used traditionally for treating a variety of conditions, including lung, liver, circulatory, and kidney diseases.

The sweet compound is glycyrrhizin and is 50 to 170 times sweeter than sugar (sucrose). The extract has antiviral, anti-inflammatory, antioxidant, antimicrobial and antimutagenic properties.

Renowned for its anti-inflammatory and skin-soothing properties. Glycyrrhiza Glabra Root Extract is often found in various skincare formulations, including serums, creams, toners, and masks, catering to a wide range of skin types and concerns.

USES

Glycyrrhiza glabra L. (Licorice) is a small perennial herb that has been traditionally used to treat many diseases, such as respiratory disorders, hyperdipsia, epilepsy, fever, sexual debility, paralysis, stomach ulcers, rheumatism, skin diseases, hemorrhagic diseases, and jaundice, enhances the immune system, treat peptic ulcers.

It has anti-inflammatory, anti-ulcer, anti-allergic, antioxidant, anti-tumor, anti-diabetic.

Glycyrrhiza glabra (Licorice) root is used as a sweetener or flavouring in foods, beverages, cosmetics, and toothpaste.

Glycyrrhiza glabra root is promoted as a dietary supplement for conditions such as digestive problems, menopausal symptoms, cough, and bacterial and viral infections.



Flavourings

Glycyrrhiza glabra root is used both as a flavouring agent and medicinal treatment. It comes in many forms, including teas, capsules, liquids, and even topical gels.



Reduce Acid Reflux & Indigestion

Glycyrrhiza glabra root extract is used to relieve symptoms of indigestion, such as acid reflux, upset stomach, and heartburn.



Aid Skin Conditions

Glycyrrhiza glabra root extract is used to treat a variety of skin conditions, such as Brightening and treating dark spots, Sun defense, Healing acne scars, Calms Inflammation, Softens skin.



Anticancer Properties

It has antioxidant and anti-inflammatory effects, thus effective against certain types of cancer.

USES



Digestive Issues

Glycyrrhiza glabra root prevents from conditions such as digestive symptoms, respiratory tract infections, bacterial, and viral infections including acne and eczema.



Tooth Decay

Glycyrrhiza glabra extract helps to kill bacteria in the mouth that cause tooth decay. It also stimulates salivation because of its sweet taste and provides protection against dental caries.



Lowers Sugar Level

Due to its anti-diabetic effects on Type 2 diabetes. It lowers blood glucose and insulin levels, improving insulin resistance and glucose tolerance, regulating lipid metabolism, and enhancing insulin secretion



Promotes Skin Infections

Glycyrrhiza glabra is used for promotion of wound healing.



Dietary Supplement

Glycyrrhiza glabra root is promoted as a dietary supplement for conditions such as digestive problems, menopausal symptoms, cough, and bacterial and viral infections.



Soap Making

Glycyrrhiza Glabra is known for its skin-lightening properties along with its anti-oxidant anti-inflammatory & antimicrobial properties, thus used in soap making industries.

PINK BLUSH

- Pink Blush capture a magical essence in its rich composition.
- This blend offers a little sweetness, touch of floral note with elegance of woody note.
- This blend is fusion of warm, sweet, spicy, woody, floral, powdery, citrus, musky, amber, balsamic, smoky accord.
- This fragrance crafted with the heart of rose, violet, cherry and white flower with fusion of mandarin, red fruit and rhubarb in the top note.
- Base note of vanilla is reinforced with cedar wood, patchouli, amber, musk which offers earthy, smoky, woody darker shade to the fragrance.
- This blends of notes creates an enduring irresistibly elegant fragrance.
- This beautiful fruity floral fragrance used in shower gel, creams, lotion, spray perfume and body mist.

TOP NOTE

Rhubarb, Mandarin, Red fruit

HEART NOTE

Rose, Violet, Cherry

BASE NOTE

Vanilla, Cedar wood, Musk, Patchouli, Amber



NATURE'S TOUCH

- Nature's touch is refreshing, herbal fragrance developed for soap. This fragrance is fusion of herbal, green, fresh, woody, piney, mossy notes.
- This fragrance opens up with the fresh note of lime, basil, pine. Middle note are herbal, green, spice and base note are camphor, thyme, cedar wood and oak moss.
- This fragrance creates a pleasant and calming atmosphere also provide relaxing and rejuvenating experience. During use, this fragrance lingers around you with refreshing, green, herbal scent.

Recommended Doses:

Soap: 1-1.2%,

Face wash: 0.4-0.6%

Hand wash: 0.6-1%

Shower gel: 0.6-0.8%

