

Benzoin

Description

Benzoin is the active ingredient for Friars Balsam. Used as an inhalation for coughs and loss of voice, and added to a cream it will help heal chapped and cracked hands. It is comforting and uplifting with a faint vanilla scent. This oil is collected in a solid form and is thinned using di propylene glycol.

Basil blends well with lavender, bergamot, clary sage and geranium. Its active principles include methylchavicol (40 to 50%) with linalol, cineol, eugenol, pinene and camphor. It should NOT be used when pregnant.

Specific Cautions

Avoid during pregnancy. Is a well documented sensitizer. Use with caution, especially in the bath.

References

Information about this essential oil came from the following sources:

1. Worwood, Valerie Ann. *The Fragrant Pharmacy*. (Toronto: Bantam Books, 1990)
2. Davis, Patricia. *Aromatherapy: An A-Z*. (United Kingdom: Saffron Walden, 1988)
3. Tisserand, Robert and Tony Balacs. *Essential Oil Safety*. (Edinburgh: Churchill Livingstone, 1995)

Note and Disclaimer

The information and opinions provided here are for general educational purposes only and do **not** replace medical advice. It is your responsibility to consult a suitably qualified medical practitioner to ensure that you will not have any medical problems from any of our products.