

OIL PROFILE – LABDANUM (CISTUS LADANIFERUS et pinene)

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LABDANUM (or laudanum), belongs to the *cistaceae* family. Its aroma is powerful and persistent. It's a warm, sweet, dry, herbaceous, musky scent. It likes the dry sunny soils of Corsica, Spain and Morocco and is one of the aromatic plants mentioned in the Bible. Under the summer heat the glandular hairs on the leaves and twigs secrete and aromatic resin (labdanum), which becomes opaque, giving the plant a lead-gray appearance that is almost surreal. It's one of the early aromatic substances of the ancient world. The gum was used formerly for catarrh, diarrhoea, and dysentery and to promote menstruation. Externally it was used in plasters. The oil is extracted using steam or water distillation or can also be obtained by direct fire distillation as is still practiced in Spain but, of course, the quality of the resulting essential oil will not be as high. Yields are low 1.2% for a long distillation, often 6 hours or more. 100 kilos of leaf bearing twigs yield approximately 200 ml of this precious essential oil.

Labdanum is non-toxic at the usual dosage level. It is much sought after for its immuno-stimulant effect, as well as its powerful haemostatic action. This anti-haemorrhage activity can be used to good effect as a compliment to coagulants.

MAIN PROPERTIES

Anti-viral ***

Immuno-modulating ***

Astringent ***

Haemostatic ***

Cicatrizing ***

Neuro-tonic **

THERAPEUTIC INDICATIONS

Auto-immune (rheumatoid arthritis, multiple sclerosis) ***

Infantile viral diseases (chickenpox, measles, scarlet fever) ***

Haemorrhage, nose bleed ***

Cuts, acne, infected wounds ***

Ageing skin, wrinkles ***

Dry, chapped skin ***

Insomnia and frigidity **

SYNERGISTIC ESSENTIAL OILS

Laurel (immunity)

Rosemary Verbenone (cicatrizing)

TeaTree (anti-viral)

Spike Lavender (skin tonic)

Geranium (haemostatic)

Damask Rose (astringent)

Myrtle (skin tonic)

RECIPES

Dry, chapped skin (including nipples) Labdanum 0.6 ml Geranium (Egyptian) 0.3 ml Spike Lavender 0.3 ml Rosemary Verbenone 0.6 ml Myrrh 0.3 ml Wheatgerm vegetable oil 15 ml Argan vegetable oil 5 ml Apply 2/3 times per day until cured.	Haemorrhage, nose bleed Labdanum 3 ml Geranium (Egyptian) 2 ml Lavender 1 ml Wheatgerm vegetable oil 2 ml Argan vegetable oil 2 ml 2-3 drops on a cloth and apply local compression.
Infantile diseases Ravensara 3 ml Labdanum 2 ml TeaTree 1 ml Eucalyptus Smithii 2 ml Hazelnut vegetable oil 15 ml Apply 6 drops and massage into chest and back 3 or 4 times per day for one week.	Juvenile acne Rosemary Verbenone 1 ml Labdanum 3 ml TeaTree 2 ml Spike Lavender 2 ml Aqueous based lotion 15 ml 2 applications per day on affected area.

Because of the high concentration of the above recipes, they should never be used as a general massage blend but only used in the small areas as per stated above.

The main source of information comes from the natural aromatherapy research and development association.