

EO of the Month
July 2014



Cistus

(also known as Rock Rose)

Cistus ladaniferus

Plant Origin

Cistus may have originated in Asia Minor in the Mediterranean regions of Macchia and Garrigue. It is now cultivated mostly in France and Spain. The name Rockrose comes from the plant's resemblance to the wild rose. The flower petals are light to medium pink or white with a yellow or pink center.

Largest Producing Countries

Spain and France

Plant parts used

Twigs and leaves are usually steam distilled. Labdanum is made from the resin of the plant, which is solvent extracted.

Unusual facts

*"Shepards in ancient Crete drove their herds through the plants so the sticky gum would collect on the animals' coats; after combing it out, they took the gum to market."*¹

Scent

The scent is strong, warm, balsamic, spicy and tangy. When diluted it becomes warm, deep, soothing and erotic.

Properties

Anti-infectious, antiviral, antiseptic, antibacterial, anti-hemorrhaging, astringent, neurological tonic for the sympathetic nervous system.

Mental, emotional and spiritual effects

Calms nerves, promotes sleep, elevates emotions, very grounding, aligns mind with Higher Self, confronting suppressed issues, finding your inner Knowing and connection to Source, raises consciousness, assists in psychic work, intuition and meditation. Aphrodisiac. Provides comfort to those who have experienced any kind of emotional or mental trauma.

Physical effects

Good for bronchitis, respiratory infections, colds, coughs, rhinitis, urinary infections, reduces inflammation, helps heal infected slow-healing wounds, eczema, psoriasis, lymph drainage and swollen lymph glands, rheumatism, menstrual problems and hemorrhoids. Studied for its effects on the regeneration of cells. May strengthen and support the immune system.

Skin

Skin tonic for oily skin, infected skin, puffy skin, acne, edema, dermatitis, boils, sun-damaged, dry and mature skin, wrinkles.

Blends with

Bergamot, Cedar, Clary Sage, Cypress, Jasmine, Juniper, Lavender, Lavandin, Lemon, Neroli, Patchouly, Pine, Sandalwood, Tuberose and Vetiver.

CAUTIONS: DO NOT use if pregnant. If under a doctor's care, consult your physician.

Sources

Complete Aromatherapy Handbook by Susanne Fischer-Rizzi

¹Aromatherapy by Kathi Keville and Mindy Green

Your Essential Nature by Nita Morrow Hill

Essential Oils Desk Reference by Young Living Essential Oils