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## Benzoin essential oil information

Benzoin oil is extracted from resin of the Styrax Benzoin tree and belongs to the Styracaceae family. It is also known as gum benzoin, luban jawi (meaning frankincense of Java), Benjamin or Styrax benzoin.



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This resinous oil has a great calming and uplifting effect on the mind and helps to comfort the sad and lonely, while boosting circulation and easing respiratory disorders. At the same time it boosts the skin's elasticity, while calming redness, itchiness and irritation.

### Oil properties

Benzoin oil has a sweet, warm and vanilla-like aroma and is golden brown in color, with a treacle-like viscosity.

### Origin of benzoin oil

The tree is from Java, Sumatra and Thailand and grows to 8 meters (20 feet). Deep incisions are made in the trunk of the tree, from which the grayish colored sap exudes. When the resinous lump becomes hard and brittle, it is collected from the bark.

Benzoin, also known as gum Benjamin, is one of the classic ingredients of incense. In ancient civilizations it was used in fumigation and it is also an ingredient of 'Friar's balsam', an aid to respiratory problems. It is also used as a fixative in the perfume industry.

### Extraction [↑ Top](#)

Benzoin oil is extracted from the resin of a seven years and older tree by solvent extraction and yields about 65-85 % oil.

### Chemical composition

Benzoin oil's main chemical components are benzoic, cinnamic acids, benzyl benzoate, benzoic aldehyde, vanillin and coniferyl benzoate.

### Precautions

When concentration is needed, it is best to avoid using benzoin oil as it can have a very relaxing effect.

### Therapeutic properties

PCI DSS  
compliant

The therapeutic properties of benzoin oil include the following; antiseptic, anti-depressant, astringent, anti-inflammatory, carminative, cordial, deodorant, diuretic, expectorant, sedative and vulnerary.

### Therapeutic properties explained

#### Uses [↑Top](#)

Benzoin oil can be used for bronchitis, coughs, colds, wounds, acne, eczema, psoriasis, rheumatism, arthritis, scar tissue, circulation, nervous tension, stress, muscle pains, chilblains, rashes and mouth ulcers.

#### Summary

Benzoin oil's greatest benefit lies in that it has a calming effect on the nervous and digestive systems, a warming effect on circulation problems and a toning effect on the respiratory tract.

It furthermore boosts the pancreas, which in turns helps digestion, and is thought to be involved in controlling blood sugar, which makes it valuable for sufferers of diabetes.

The effect it has on the skin is to improve elasticity, helping cracked skin, while aiding the healing of sores and wounds and at the same time reducing redness, irritation and itching.

#### Burners and vaporizers

In vapor therapy Benzoin oil can be used for the nervous system, calming and bringing comfort to the depressed and emotionally exhausted.

- **Blended massage oil or in the bath**
  - Benzoin oil can be used in blended massage oil, or diluted in the bath to assist with general aches and pains, arthritis and rheumatism, as well as chronic bronchitis and coughing. Poor circulation will also benefit from this oil, as well as stiff muscles. It also has a calming effect and helps to ease depression. It furthermore gives the skin a general boost by increasing elasticity, reducing redness, irritation and itchiness, while helping wound healing.
- **Blended in a cream**
  - Benzoin oil is a good remedy for dry, cracked skin, cuts and wounds, as well as for acne and irritable and itching skin, while at the same time improving elasticity.

#### Benzoin oil blends well with

Although essential oils blend well with each other, benzoin oil goes particularly well with bergamot, coriander, frankincense, juniper, lavender, lemon, myrrh, orange, petitgrain, rose and sandalwood.

Esoteric Oils

#### Ordering Benzoin essential oil [↑Top](#)

- **US\$ 16.50 for 11 ml (worldwide postage included)**



1. To shop, click on the "Add to shopping cart" button above, which will add the item to your cart, where we accept Visa, MasterCard, Amex and Diners credit cards.
2. After you have selected an item, other items can also be added to the cart.

All products are accessible from the [product catalogue](#), or from the list below.

3. When you are ready to finalize your order, click the "**Go to checkout now**" button, where you will be able to change quantities, delete items, or return if you decide to continue shopping. Remember - no order is final until you decide and place the order.
4. For more information on shopping cart security, please [click here](#). To access our fax form [click here](#).
5. Handling, shipping and postage to any destination in the world **INCLUDED (EXCEPT SOUTH AFRICA)** - this is the total price - there are no hidden extras.



### Headings of links underneath

[Use of essential oils](#) | [List of essential oils](#) | [List of pre-blended oils](#)

[List of carrier oils](#) | [Recipes](#) | [Essential oil safety](#)

[Related articles](#) | [Manufacture of oils](#)

[Holistic and alternative medicine](#)

[Treatment of ailments](#)

### Links to essential oils, carrier oils and specialized pre-blended oils

ESSENTIAL OILS		OTHER OILS
Allspice	Rosewood	Rosehip oil
Aniseed	Sage	Baobab oil
Basil	Sandalwood	Marula oil
Bay	Spearmint	Neem oil
Benzoin	Spikenard	
Bergamot	Tagetes	<b>CARRIER OILS</b>
Black pepper	Tangerine	Almond oil
Cajuput	Thyme	Aloe vera oil
Calamus	Tea tree	Apricot kernel oil
Camomile	Vetiver	Avocado oil
Camphor	Ylang-ylang	Calendula oil
Caraway	<b>ESSENTIAL OILS NOT SOLD BY US</b>	Evening primrose oil
Carrot seed	Angelica	Grape seed oil
Cassia	Birch	Hazelnut oil
Cedarwood	Bitter almond	Jobba oil
Chamomile	Boldo	Macadamia oil
Cinnamon	Buchu	Olive oil
Citronella	Cardamom	Sesame oil
Clary sage	Cumin	Walnut oil
Clove	Elemi	Wheatgerm oil
Coriander	Mugwort	<b>CARRIER OILS NOT SOLD BY US</b>
Cypress	Mustard	Pumpkin seed oil
Dill	Pennyroyal	Safflower oil
Eucalyptus	Rose otto	Sunflower oil
Fennel	Rue	
Frankincense	Sassafras	
Geranium	Tansy	
Ginger	Tarragon	
Grapefruit	Savin	
Helichrysum	Thuja	
Hyssop	Tuberose	
Jasmine	Vanilla	
Juniper	Wintergreen	
Lavandin	Wormseed	
Lavender	Wormwood	
Lemon	Yarrow	
Lemongrass	<b>PRE-BLENDED FORMULAS</b>	
Lemon verbena	Muscle & Joint	
Lime	Relaxation	
Mandarin	Sensual	
Marjoram	Anti-cellulite	
Melissa	Circulation	
Myrrh	Hair & Scalp	
Neroli	Dry & Mature Skin	
Niaouli	Insomnia	
Nutmeg	Baby	
Orange	Vein & Artery	
Origanum		
Palma rosa		
Patchouli		
Peppermint		

Petitgrain Pimento Pine Rose Rose geranium Rosemary	Sunburn	
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### Use of essential oils

- Air freshening
- Bathing | Amount of essential oils to use in bath
- Compresses
- Foot and hand baths
- Hair care | Amount of essential oils to use in shampoo
- Jacuzzis
- Massage | Amount of essential oils to use in massage blend
- Saunas
- Showers
- Sitz bath
- Skin care | Amount of essential oils to use in creams
- Steam inhalations
- Vaporization

### Recipes

- Dry shampoo
- Exfoliating facial scrub with oats
- Face packs (face masks)
- Facial creams and lotions
- Facial toners (tonics and astringents)
- Final rinse water
- Hair loss remedies
- Oil treatment for hair
- Perfume and Eau-de-Cologne
- Scalp stimulation lotion
- Shampoo

### Safety with essential oils

- Abortifacient essential oils
- Banned essential oils
- Cancer and essential oils
- Cardiac (heart) problems and essential oils
- Children and the use of essential oils
- Diluting essential oils
- Elderly people and the use of essential oils
- Emmenagogue essential oils
- Epilepsy and essential oils
- Essential oils to avoid when concentration is required
- High blood pressure and essential oils
- Liver toxicity and essential oils
- Pregnancy and essential oils
- Sensitive skin and essential oils
- Skin irritation caused by essential oils
- Sun sensitivity (phototoxicity)
- Toxic essential oils

### Related articles

- About Esoteric Oils
- Allergies, contact dermatitis and essential oils
- Alopecia, baldness and hair loss help for free
- Aroma families and classifying essential oil fragrances
- Aromatherapy
- Aromatherapy and essential oils
- Blending fragrances
- Botanical material
- Brainwaves, the brain and EEG
- Carrier oils
- Chemistry of essential oils

- Comparison of sizes oz / ml
- Currency converter
- Diabetes and essential oils
- Different massage techniques
- Different massage techniques - free Video clips
- Doing a skin patch test
- Epilepsy research
- Extraction methods used in the manufacture of essential oils
- Fatty acids
- Find a reflexologist
- Floral waters
- Fragrance notes
- Glossary
- Help with insomnia
- Herbalism versus Aromatherapy
- History of essential oils
- Information on buying essential oils
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- Materia Medica - Latin to English
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- Specialized pre-blended massage oils
- Storage and buying essential oils
- Sun sensitivity - phototoxicity - and essential oils
- **Therapeutic properties of essential oils**
- Treating ailments with essential oils
- What are essential oils
- What is a concrete, resinoid and an absolute

### Manufacture of essential oils

- Distillation
  - Water distillation
  - Steam distillation
  - Hydro diffusion
  - Other specialized distillation
    - Cohobation
    - Rectification
    - Water and steam distillation
    - Fractional distillation
- Expression
  - Sponge expression
  - Écuelle à piquer
  - Machine abrasion
- Solvent extraction
  - Maceration
  - Enfleurage
  - Solvent
  - Supercritical carbon dioxide CO<sub>2</sub>

### Holistic and alternative medicine

- Acupuncture
- Alexander technique
- Ayurveda
- Chiropractic
- Dr Bach flower remedies
- Herbal medicine
- Homeopathy
- Hydrotherapy
- Hypnosis
- Iridology
- Macrobiotics
- Massage therapy
- Meditation
- Naturopathy
- Reflexology
- Spiritual healing
- Tai Chi
- Yoga

### Treatment of ailments with essential oils

- If you are suffering from any medical condition please contact your licensed medical practitioner.
- The treatments listed below relies on alternative healing with essential oils, and please note that no clinical trials or results are available and rests heavily on anecdotal proof.

Abdominal pain  
Abscess  
Acne  
Addictions  
Anal fissures  
Athlete's foot  
Bad breath  
Bedsores  
Bleeding  
Bleeding gums  
Blepharitis  
Blisters  
Boils  
Breathing difficulty  
Bronchitis  
Bruises  
Burns  
Carbuncles  
Catarrh  
Chapped lips  
Chilblains  
Circulation  
Cold sores  
Colds  
Conjunctivitis  
Constipation  
Coughs  
Cuts  
Diarrhea  
Diverticulosis  
Dysmenorrhoea  
Ear infections  
Fainting

Fever  
Flu  
Frostbite  
Gingivitis  
Grazes  
Halitosis  
Hay fever  
Headaches  
Heart palpitations  
Heartburn  
Hiccups  
High blood pressure  
Influenza  
Insect bites  
Insomnia  
Jetlag  
Laryngitis  
Leg cramps  
Lumbago  
Mouth ulcers  
Nausea  
Neuralgia  
Nosebleed  
Pneumonia  
Shock  
Sinusitis  
Sore throat  
Splinter  
Sty  
Swollen ankles  
Toothache  
Varicose veins  
Wounds



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