Essential oil of Ravensara - *Ravensara aromatica*

By Penny Keay

Botanical name: Ravensara aromatica  
Country of Origin - Madagascar (primary), Australia  
Processed - Steam distilled  
Part used – leaves, stem & bark  
Color: colorless to light yellow  
Smell - Spicy woodsy, outdoors, camphorus  
Note – middle to top note.  
Shelf life – up to 3 years

**PROPERTIES & USES:**

**Therapeutic:**
- Anti-infective, antiseptic, antibacterial, anti-viral. muscle relaxant, analgesic, stimulant,

**Skin/Hair Care:** shingles, chicken pox, chapped skin, cold sores,

**Muscles and Joints:** muscle spasms, neuromuscular pains and aches, lumbago (lower back pain).

**Respiratory:** Colds, influenza, rhinitis, bacterial infections, viral infections, stimulates respiratory system, expectorant, aids nervous fast breathing, asthma, bronchitis.

**Immune:** immune stimulant; has been used in Epstein Barr, Flus, Chicken pox, swollen glands; has other Anti-viral and anti-bacterial properties.

**Digestive:** flatulence, indigestion, stimulates bile production and excretion.

**Genito/urinary/reproductive:** menstruation eases period pains. PMS

**Emotional–Mind-Nervous-Brain:** Used in anxiety, stress and related illnesses, insomnia, nervous fatigue, depression, physical, mental distress, anguish and fears.

**Industry and Household:** May be helpful when cleaning and disinfecting various surfaces due to its antibacterial, anti-fungal and anti-viral properties.

**CAUTIONS:**
- Dilute properly for use on the skin. Do a skin test to check for possible skin irritation.
- *Do not ingest any essential oils without the advice of a licensed medical practitioner.*
- *Keep out of reach of children.*

**Blends with:** Bay Laurel, Bergamot, Black Pepper, Cardamom, Cedar Atlas, Cinnamon leaf, Clary Sage, Cypress, Eucalyptus, Frankincense, Geranium, Ginger, Grapefruit, Hyssop, Juniper berry, Lavandin, Lavender, Lemon, Lemongrass, Mandarin, Sweet Marjoram, Myrtle, Palmarosa, Peppermint, Pine, Rosemary, Sandalwood, Spearmint, Tangerine, Tea Tree, Thyme linalol

**BLENDS TO TRY**

**Immune Building Diffuser Blend**
- Lemon – 30 drops
- Ravensara– 20 drops
- Thyme – 10 drops
- Oregano – 5 drops
- Frankincense – 5 drops

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Blend these essential oils in a glass bottle. Once blended diffuse using your preferred method; Fan Diffusers, Tart and Oil warmers, Scent balls or Jewelry.

**Anti-itching lotion for Shingles and Chicken Pox**

Calamine Lotion – 8 ounces
Lavender - 25 drop
German Chamomile – 10 drops
Ravensara – 5 drops
Peppermint – 3 drops

Shake well and apply to affected areas of skin as needed.

As you know, Calamine Lotion is the recommended lotion by many physicians along with Baking Soda baths prior to applying the lotion for Chicken Pox.

Adding the essential oils may help aid in the calming of the child or adult and of course to relieve itching and speed along the healing. When they or you don’t itch or are not in pain, you will sleep better to heal faster.

One note of caution: If there are Shingles lesions or rash on the face - DO NOT use essential oils even if diluted on the face. Shingles on the face needs to be addressed by your health care provider.

**Decongestion and Expectorant Blend**

Eucalyptus radiata (best for children) **OR** Eucalyptus Globulus (if adult) – 25 drops
Thyme ct linalol – 10 drops
Myrtle – 10 drops
Niaouli – 10 drops
Ravensara – 5 drops

Blend well – then place several drops on the cotton pad of any cold air fan diffuser. Let this run continuously for several hours in the room you are occupying.

This blend can also be used in a bowl of hot water – place 3-4 drops in a bowl of hot water and inhale the vapors that rise. You do not need to drape a towel over the bowl or your head. Just inhale the warm essential oil filled air as it diffuses.

**Clean up the Air of those Nasty Germs – Diffusion Blend**

Eucalyptus globulus – 2 ml
Eucalyptus radiata – 1 ml
Ravensara – 10 drops
Cinnamon leaf – 10 drops
Peppermint – 10 drops

Blend well in an amber bottle. Then place between 5-10 drops on any Fan diffuser. Run for about 15-20 minutes several times a day, reapplying essential oils to the cotton pad as needed.

Or place about 1 mL of the above blend in one of our Electric tart warmers with a melted unscented Mini Tart. Stir the essential oil blend into the melted wax.

You can diffuse this for a couple of hours and then let the wax cool. Until the wax hardens, essential oils will continue to diffuse. In addition, once cooled the essential oils in the top layers of wax will diffuse for several hours but at a much lower rate.

This is a very strong blend and you may need to decrease the amount you diffuse into the air depending on the size of your room. This blend if for Diffusion only. Do not use on the skin even if you dilute it – it is too strong for skin application.