

DATA SHEET

VANILLA ABSOLUTE

INCI name: *Vanilla planifolia*

Typical Country of Origin: United Kingdom

Available as: Pure Essential Oil

Appearance: Dark brown / black liquid

Product Specifications

Vanilla (*Vanilla planifolia*) is a perennial vine that is often known for its beautiful white flowers. The plant is a member of the *Orchidaceae* botanical family and it is native to Central America and Mexico.

Technique of Extraction

The vanilla pods, or beans, are used to extract the absolute. Interestingly enough, it takes 6 – 9 months before the pods are mature enough to be cured. The actual curing process may take another 6 months to complete. Given this complex and intensive process, it is easy to see why pure vanilla comes with a high price.

Usage and Functions

- Used as a scent in perfume making
- Used as a scent in lotions, soap and face care products
- Used in aromatherapy primarily for its relaxing, aphrodisiac effect

Additional Information

Most people have experienced the warm, inviting scent of vanilla. To some, the scent of vanilla is an open invitation to pick up a good book, make a warm mug of something special and cuddle up on the couch on a cold winter's morning. True vanilla absolute has a warm, rich, balsamic aroma and it exists as a dark brown solid liquid, which requires warming up before it can be blended.



VANILLA HAS BEEN SAID TO:

Contain antioxidants
Boost libido
Relieve PMS symptoms
Prevent the growth of cancer cells
Fight infections
Work as an antidepressant
Reduce inflammation
Lower blood pressure

- **Contains Antioxidants** - The antioxidant properties of vanilla oil protect the body from wear and tear by neutralizing free radicals.
- **Boosts Libido** - Vanilla oil stimulates the secretion of certain hormones like testosterone and estrogen, which helps people who suffer from erectile dysfunction, impotence and loss of libido.
- **Relieves PMS Symptoms** - Because vanilla oil activates estrogen levels, it also regularizes menstruation and relieves PMS symptoms. It activates or balances hormone levels and manages stress, leaving your body and mind relaxed.
- **Prevents the Growth of Cancer Cells** - Vanilla absolute has anticarcinogenic properties, which inhibit the development of cancer before it becomes a problem.



- **Fights infections** - Some components present in vanilla oil, such as eugenol and vanillin hydroxybenzaldehyde, are able to fight infections.
- **Works as an antidepressant** - Vanilla absolute has a calming effect on the brain, which helps with anger, insomnia, stress and anxiety.
- **Reduces inflammation** - Vanilla absolute is a sedative, so it reduces stress on the body such as inflammation, this is helpful to the respiratory, digestive, nervous, circulatory and excretory systems.

- **Lowers Blood Pressure** - Vanilla oil's sedative effects on the body allow it to naturally lower blood pressure by relaxing the body and mind. It also reduces oxidative stress and dilates the arteries.

For those wanting to add the scent of Vanilla into their products, but who cannot afford to use Vanilla Absolute, try our Vanilla Standard Composed oil.



Did you know?

- The Spanish word for vanilla is vaina, which is simply translated as "little pod".
- Vanilla is the only fruit-bearing member of the orchid family.
- The flower that produces the vanilla bean lasts for only one day so growers have to inspect the flowers daily.
- Vanilla is the second most expensive spice after saffron.
- Only the melipona bee, found in Central America, can pollinate vanilla. Around the world humans have taken to pollinating the plant using a wooden needle.
- Vanilla beans contain over 200 compounds.

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