

# Natural Touch Aromatherapy

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## PURITY ANALYSIS CERTIFICATE VALERIAN (CROATIAN)

BOTANICAL CLASSIFICATION *Valeriana officinalis* is a species of the Valerianaceae family.

GENERAL DESCRIPTION This perennial herb has dark green leaves and a mass of purple - white flowers. It grows to a height of about 1.5 metres. The thick greyish roots, which are often above ground, have the strong odour that originally led to them being tried for herbal healing in medieval times. The light brown oil produced by steam distillation of the rhizomes has a woody green aroma.

ORIGIN Whilst it was originally a native of Europe, oil extraction now also takes place in North America, Asia and Scandinavia.

GAS LIQUID CHROMATOGRAM Although this herb has been used extensively as a herbal remedy since medieval times the amount of research carried out for aromatherapy purposes is still relatively small. Natural Touch's oil shows a good strong base line on the GLC trace with the required peaks of alpha pinene, camphene, beta pinene, limonene and caryophyllene.

COMPONENT	NATURAL TOUCH(%)	CLASSIC(%)
Caryophyllene	35	30-38
Camphene	24.1	20-25
Alpha pinene	7.7	5-8
Beta pinene	4.5	< 5
Limonene	1.5	< 2

- GLC analysis carried out at the Scottish Agricultural College, Auchincruive.
- Official Stamp: