

Benzoin

Styrax benzoin - Styraceae

Benzoin oil is obtained from a large tropical tree that has pale green hairy ovate leaves, flat hard-shelled fruits and drooping clusters of yellow or white sweetly scented flowers. Growing throughout southeast Asia, particularly in Thailand and Indonesia, the trees are tapped for resin 7 years after planting.

<u>Place of Origin</u>	<u>Part of plant used</u>	Gum / resin
Sumatra, Java, Indonesia, Laos, Thailand	<u>Method of Extraction</u>	solvent extraction
<u>Characteristics</u>	<u>Yield</u>	
Colour: Golden Brown	<u>BF</u>	2-4
Perfume notes: Base Aroma	<u>TR</u>	C

Chemical Composition

Esters (65-75%)	coniferyl benzoate coniferyl cinnamate	%	Aldehydes	vanillin benzaldehyde	%
Acids	benzoic Acid				

Properties: **Expectorant, mucolytic, vulnerary, perfume fixative**, sedative, anti-inflammatory, carminative, soothing

Precautions: Non-toxic, non-irritant

There have been numerous reports of sensitisation linked to benzoin

Caution with sensitive skin, patch test before use if doubtful

If client is allergic to elastoplast, highly likely to be allergic to benzoin

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Indications

Circulatory

Digestive

Genito-Urinary / Gynaecological

Immune System

Musculo-skeletal

Arthritis, rheumatism, muscular fatigue

Nervous

anxiety, tension, mental fatigue, grief, loneliness

Respiratory

Bronchitis, sinusitis, cough, asthma, colds & flu, excessive mucus, sore throats

Skin

Chapped Skin, Chilblains, irritated, itching skin

Clinical Research

For years, benzoin has been the key ingredient in 'Friars Balsam', which is used in Respiratory System conditions

Benzoin tincture is widely used in pharmaceuticals and in dentistry

Much of the research concerning benzoin has looked at the risks of sensitisation as it has been widely used as a skin adhesive and on skin dressings

Psychological uses

Generally regarded as a sedative, benzoin warms and soothes a troubled mind. The rich sweetness of its aroma acts as a stabilising force for anxious or fretful states. The ability of benzoin to calm and centre us makes it ideal for those who feel needy and neglected and its nourishing quality feeds and inspires our ability to nurture and comfort self and others

Summary

Warming, soothing, expectorant