

## Vetiver – *Vetiveria zizandoides*

**Code:** T138                      **Vol:** 10ml

**Country of Origin:** Haiti

### About the oil

**Distilled From:** Steam distillation from the dried roots and rootlets of the grass.

**Aroma & appearance:** Smoky, woody and earthy aroma. Amber to olive brown in color.

### Some beneficial ways of enjoying the oil:

- Vetiver is extremely viscous. A large nozzle in the bottle helps to some extent, but it may require gentle warming of the bottle in the hands or warm water, (and a lot of patience!), to pour a few drops out. Blend 1 drop each of Vetiver, Jasmine and Sandalwood in 10ml of Peach Kernel oil for a most luxurious massage oil.
- To a teaspoon of Sweet Almond oil add 1 drop each of Vetiver, Patchouli and Lavender. Swish this into a very warm bath to help shrug off aches and pains on cold winter nights.

Vetiver essential oil is produced from the rootlets of a grass, which grows wild in many parts of India, Sri Lanka and other parts of Asia. The rootlets are dried, cut and chopped, then soaked in water prior to distillation.

The grass is cultivated for distillation in many parts of the world, the most important producers being Haiti and Java. The Indian production to date is not of a very good quality, and goes mostly into the local soap and perfume industry.

Vetiver is a heavy, viscous oil with a rich undertone of "precious wood notes". Absolute Aromas has selected this Haitian oil for its excellent quality. Most Javan producers burn off the grass before digging up the roots, and this often gives a smoky note to the oil, whereas the Haitian producers cut the grass and use it for feeding cattle or for grass mats, so the oil has a much cleaner aroma.

### Did you know?

In India and Sri Lanka the oil is known as 'the oil of tranquility'.

**Key Search words:** Soothing, warming, relaxing, sensual.

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