

## Bay



### DESCRIPTION

Bay leaf is commonly used in cooking for its unique flavor. It can grow up to 50 feet high and is a member of the evergreen family. Historically, it was praised by the Romans. More recently it has been used as an anti-inflammatory agent and for help with brining about a proper digestive system.

### DETAILS

Origin: Hungary

Plant part: Leaves

Botanical Name: *Laurus nobilis* L

Extraction method: Steam Distilled

Blends With: Bergamot, Eucalyptus, Orange, Patchouli, Rosemary, Ylang Ylang and Cedarwood.

Aroma: Has a spicy bay leaf scent that is herbaceous and slightly sweet.

### THERAPEUTIC PROPERTIES

Analgesic, anti-bacterial, anti-catarrhal, anti-depressant, anti-infectious, anti-inflammatory, anti-migraine,

anti-septic, anti-spasmodic, anti-viral, decongestant, deodorant, depurative, diuretic, expectorant, ferbrifuge, hypoglycemiant, insectifuge, mycolytic, rubefacient, vermifuge, vulnerary.

#### **SAFETY, STORAGE AND SHELF LIFE**

**Safety:** Should never be used internally. Dilute to 1% for topical use. May cause skin irritation in some individuals. A small skin test is recommended prior to use. Avoid contact with eyes.

**Storage:** Always store out of direct sunlight and away from heat. If possible store in refrigeration for extended life.

We have some additional information about [essential oil storage](#) on our blog.

Shelf Life: 48 Months

#### **ADDITIONAL INFORMATION**

**Bottling:** Our 5ml, 10ml and 15ml bottles come with euro dropper tops. Our 30ml and 60ml bottles will come with a traditional top and a complimentary dropper with a measured glass pipette for easy measuring. The complimentary dropper should not be used while storing the essential oil.

You can view the rest of our essential oil selection by [clicking here](#).

[Entire Product Catalog - PDF](#)