

# CISTUS

## CISTUS LADANIFERUS

Country of Origin: France

Steam Distilled from resin

Cistus carries a rich, resinous aroma that speaks of sun-warmed Mediterranean hillsides where this remarkable shrub has flourished for centuries. Steam distilled from the resin of *Cistus ladaniferus*, its warm, amber-like fragrance is both comforting and quietly sophisticated, unfolding with earthy depth and subtle sweetness. Long associated with the biblical Rose of Sharon, Cistus has been treasured since antiquity for creating an atmosphere of peace, resilience, and quiet reflection, making it one of history's most enduring aromatic botanicals.

Traditionally valued for both aromatic and topical wellness, Cistus is often chosen to support healthy-looking skin while encouraging emotional balance during seasons of stress or mental fatigue. Its grounding character brings warmth and richness to diffuser blends, while its naturally resinous profile makes it equally at home in restorative skincare rituals. Gentle yet remarkably enduring, Cistus offers a timeless connection to ancient botanical wisdom, inviting moments of restoration for both body and spirit.\*

## FUNCTIONAL CONSTITUENTS

<b><math>\alpha</math>-Pinene</b>	Contributes fresh, resinous notes while supporting the oil's cleansing and grounding aromatic profile.
<b>Viridiflorol</b>	A naturally occurring sesquiterpene alcohol valued for its calming aroma and affinity for healthy-looking skin.
<b>Bornyl acetate</b>	Provides soft balsamic warmth, contributing to emotional relaxation and a balanced aromatic character.
<b>Camphene</b>	Adds crisp, green complexity while supporting the oil's refreshing botanical profile.
<b>Clinical Studies:</b>	<a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC11820965/">https://pmc.ncbi.nlm.nih.gov/articles/PMC11820965/</a> <a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC12250604/">https://pmc.ncbi.nlm.nih.gov/articles/PMC12250604/</a> <a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC12655565/">https://pmc.ncbi.nlm.nih.gov/articles/PMC12655565/</a>



## HOW WE SOURCE

Cistus develops its rich aromatic profile under the intense Mediterranean sun, where dry conditions encourage the plant to produce its prized resin. We source from traditional growing regions, harvesting at the ideal time to preserve the resin's naturally warm, balsamic character and complex botanical chemistry.

Steam distillation is carefully controlled to capture the resin's distinctive depth without overwhelming its softer amber notes. We look for an oil that is rich, smooth, and beautifully balanced. Never smoky, overly sharp, or lacking the warm resinous character that defines exceptional Cistus.

## OUR CISTUS IS:

- ✓ Steam distilled from resin
- ✓ Unrefined and unstandardized
- ✓ Sourced from Mediterranean regions
- ✓ Batch distilled for consistency
- ✓ Handled to preserve resin integrity

We look for oil that carries a warm, resinous aroma with soft amber undertones and remarkable depth—an immediate sign of careful harvesting and patient distillation. Oils that smell smoky, flat, or overly harsh are avoided.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Rich resinous aroma\*
- Warm amber undertones\*
- Smooth balsamic finish\*
- Pale amber to golden oil\*
- Stored in dark glass\*

### Avoid:

- Smoky or burnt odor\*
- Thin, one-dimensional scent\*
- Harsh chemical note\*
- Dark, cloudy appearance\*
- Clear or plastic packaging\*

## HOW TO USE CISTUS

Cistus is used when the goal is restoration, resilience, and skin renewal. Its rich, resinous aroma lends itself beautifully to aromatic use, while its gentle nature makes it a favorite in topical skincare and personal wellness routines.

### Aromatic

Diffuse up to 1 hour, 3 times daily to create a peaceful, grounding atmosphere.\*

### Topical

Apply 2–4 drops to the desired area. Dilution is recommended only for the most sensitive skin.\*

### Bath

Add 3–5 drops to bath salts before dispersing into warm bath water for a calming, restorative soak.\*

### Personal Care

Add a few drops to your favorite facial serum, moisturizer, or carrier oil to support healthy-looking, radiant skin.\*

## WHAT IT SUPPORTS

Cistus is traditionally used when the goal is to soothe, restore, and strengthen both skin and spirit. It supports:

- Healthy-looking skin\*
- Skin renewal and resilience\*
- Emotional balance and relaxation\*
- Stress relief and grounding\*
- Healthy inflammatory response\*

Used consistently, Cistus helps promote calm, supports healthy, radiant skin, and encourages an overall sense of well-being.

## CISTUS IN THE STILLROOM

Cistus has long been treasured in the stillroom as an oil of restoration and resilience. Distilled from the fragrant resin of Cistus ladaniferus, it was often chosen for skincare preparations and aromatic blends intended to soothe both the skin and the spirit.

Its rich, balsamic character brings a quiet steadiness that makes it especially valued during times of stress or fatigue. Whether blended into restorative formulas or diffused for its grounding aroma, Cistus has earned its place as one of the stillroom's most enduring botanical treasures.\*

## MORE WAYS TO USE HYSSOP

### Meditation Companion

Apply to temples or diffuse to create a peaceful atmosphere during meditation or prayer.\*

### Bedtime Diffusion

Diffuse in the evening to encourage relaxation and prepare the mind for restful sleep.\*

### Complexion Care

Blend with a carrier oil and apply as part of your evening facial routine to support healthy-looking skin.\*

### Post-Sun Care

Add to a carrier oil or unscented lotion to comfort skin after time spent outdoors.\*

### Grounding Diffuser Blend

Pair with Frankincense, Myrrh, or Cedarwood for a rich, calming aromatic experience.\*

## CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*



**Cistus  
Rose of Sharon**  
*cistus ladaniferus*  
0.17 fl. oz. (5ml)

**Ingredients:** Cistus ladaniferus (Cistus) from France, steam distilled from resin  
**Directions:** Topical: Apply 2-3 drops to desired location. **Aromatic:** Diffuse aromatically up to 15 minutes per hour.  
**Caution:** Keep out of reach of children and pets. Discontinue use if irritation occurs. This product is not intended to diagnose, treat, cure, or prevent disease. Store in a cool, dark place.  
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