

HYSSOP

HYSSOPUS OFFICINALIS

Country of Origin: Bulgaria

Steam Distilled from tufts

For centuries, Hyssop has been associated with renewal, cleansing, and sacred preparation. Steam distilled from the flowering tops and leaves of *Hyssopus officinalis*, this vibrant botanical carries a fresh, herbaceous aroma softened by gentle floral and mint-like undertones. Revered throughout biblical history and valued by ancient herbalists, Hyssop has long been used when the desire was to create an atmosphere of clarity, restoration, and purposeful reflection. Its fragrance feels both uplifting and centering, bringing a quiet freshness that naturally invites the mind to slow down and breathe a little deeper.

Traditionally, Hyssop has been incorporated into wellness practices that support comfortable breathing, emotional balance, and overall vitality. Rather than overwhelming the senses, it offers a clean, revitalizing character that feels restorative during times of seasonal change, mental fatigue, or emotional heaviness. Whether diffused to freshen a room, blended into a topical routine, or simply enjoyed for its crisp botanical aroma, Hyssop brings together centuries of tradition with a timeless sense of renewal, making it a meaningful addition to both everyday wellness and moments of quiet reflection.*

FUNCTIONAL CONSTITUENTS

Pinocamphone	A defining constituent of Hyssop that contributes to its crisp, penetrating herbal aroma and invigorating aromatic character.
β-Pinene	Provides fresh, evergreen notes while supporting the oil's cleansing, uplifting aromatic profile.
1,8-Cineole (Eucalyptol)	Known for promoting the feeling of open, comfortable breathing and supporting respiratory wellness.
Limonene	Adds a bright, subtly citrus nuance while contributing antioxidant and mood-lifting properties.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC8776447/ https://pubmed.ncbi.nlm.nih.gov/38931115/ https://pmc.ncbi.nlm.nih.gov/articles/PMC11825080/



HOW WE SOURCE

Hyssop reaches its aromatic peak when harvested during full bloom, so we source flowering tops and leaves at the ideal stage of maturity. Grown in regions with abundant sunshine and well-drained soils, the plants develop the fresh, herbaceous profile that has made Hyssop a treasured botanical for centuries.

Steam distillation begins soon after harvest to preserve its crisp green aroma and delicate floral undertones. We look for an oil that is bright, clean, and naturally balanced—never overly camphorous, dull, or harsh. Every batch is selected to reflect the vibrant character of true *Hyssopus officinalis*.

OUR HYSSOP IS:

- ✓ Steam distilled from tufts
- ✓ Unrefined and unstandardized
- ✓ Sourced from traditional growing regions
- ✓ Batch distilled for consistency
- ✓ Carefully handled to preserve aroma

We look for oil that carries a fresh, herbaceous aroma with soft floral notes and a clean, green finish—an immediate sign of proper harvest timing and careful distillation. Oils that smell overly camphorous, flat, or medicinal are avoided.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Fresh herbaceous aroma*
- Soft floral undertones*
- Bright green character*
- Clear to pale yellow oil*
- Stored in dark glass*

Avoid:

- Overly camphorous scent*
- Harsh medicinal odor*
- Flat or stale aroma*
- Dark or cloudy oil*
- Clear or plastic packaging*

HOW TO USE HYSSOP

Hyssop is used when the goal is freshness, clarity, and gentle restoration. Whether diffused to create a clean, uplifting atmosphere or incorporated into a daily wellness routine, it has traditionally been valued for supporting comfortable breathing, seasonal wellness, and moments of quiet reflection.

Aromatic

Diffuse up to 10 minutes, 3 times daily, to create a fresh, herbaceous atmosphere and support easy breathing.*

Topical

Dilute 1 drop with 1 drop of a carrier oil and apply to the desired area as needed.*

Bath

Add 3–5 drops to bath salts before dispersing into warm bath water for a refreshing aromatic experience.*

WHAT IT SUPPORTS

Hyssop is often chosen when the goal is to promote respiratory comfort, encourage emotional balance, and restore a sense of freshness and vitality. It is traditionally used to support:

- Respiratory health and comfortable breathing*
- Seasonal wellness*
- Emotional balance and relaxation*
- Mental clarity and focus*
- A fresh, purified environment*

Used as part of a consistent wellness routine, Hyssop helps foster a renewed sense of clarity and well-being while bringing its fresh, herbaceous character to both body and home.

CAUTIONS

- Safety Group 4: Never recommended for children or while pregnant or nursing.
- Do not use if you have a history of seizures or epilepsy, as Hyssop may increase the risk of convulsions.
- Individuals with sensitivities to plants in the mint (Lamiaceae) family should use caution.
- 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.

HYSSOP IN THE STILLROOM

Hyssop has long been kept in the stillroom as an herb of renewal to be reached for when fresh air, clear thinking, and quiet restoration were needed. Its clean, herbaceous aroma was traditionally used to refresh living spaces, encourage comfortable breathing, and bring a sense of calm after periods of physical or emotional strain.

Rather than overwhelming the senses, Hyssop works with gentle clarity. Whether diffused during seasonal changes or blended into daily wellness rituals, it offers a bright, restorative presence that has made it a cherished botanical for centuries.*

MORE WAYS TO USE HYSSOP

Seasonal Wellness

Diffuse during seasonal changes or apply diluted to the chest and feet as part of your daily wellness routine.*

Fresh Air Blend

Combine with Eucalyptus or Pine Needle in a diffuser for a crisp, refreshing aromatic experience.*

Meditation & Prayer

Diffuse during meditation, prayer, or journaling to create a peaceful, reflective atmosphere.*

Natural Home Freshener

Add a few drops to homemade surface cleaners or room sprays for a clean, herbaceous scent.*

Evening Unwind

Blend with Lavender or Roman Chamomile in a diffuser to encourage a calm, relaxing environment before bedtime.*



Hyssop
hyssopus officinalis

0.17 fl. oz. (5ml)

Ingredients: Hyssopus officinalis (Hyssop) from Bulgaria, steam distilled from tulsi

Directions: Topical: Dilute with carrier oil and apply to desired location. **Aromatic:** Diffuse aromatically up to 10 minutes, three to four times per day.

Caution: Keep out of reach of children and pets. Discontinue use if irritations occur. This product is not intended to diagnose, treat, cure, or prevent disease. Store in a cool, dark place.

Distributed by:
Green Organics, LLC • Cincinnati, OH 45245
HBNaturals.com • go@esona.com

Learn More

