

# PATCHOULI

## POGOSTEMON CABLIN

Country of Origin: Indonesia

Steam Distilled from leaves

Patchouli (Pogostemon cablin) is a steam-distilled oil drawn from the leaves, valued for its rich, earthy aroma and its strong affinity for the skin, nervous system, and overall grounding. Naturally composed of sesquiterpenes and deeply stabilizing compounds, it carries a heavy, anchoring character known for supporting skin regeneration, easing inflammation, and helping the body settle into a more steady, balanced state.

Its aroma is deep, musky, and slightly sweet with an unmistakable earthy richness that lingers. It is often used when the system feels scattered, depleted, or disconnected, or when the skin is struggling with dryness, irritation, or slow repair.

In both aromatic and traditional use, patchouli has been regarded as a grounding and restorative oil, supporting skin health, emotional balance, and overall system stability. It works by slowing and centering, helping reduce excess, reinforce structure, and bring the system back into a more rooted, resilient state..

## FUNCTIONAL CONSTITUENTS

**Patchoulol (Patchouli Alcohol)** The dominant sesquiterpene alcohol in patchouli, patchoulol is responsible for its deep, earthy aroma. It is strongly associated with skin regeneration, anti-inflammatory activity, and helping support tissue repair and overall skin resilience.

**Alpha-Bulnesene** A sesquiterpene that contributes to the oil's rich, woody depth. It is associated with supporting circulation and reinforcing the oil's grounding, stabilizing effects on both the body and mind.

**Alpha-Guaiene** Another key sesquiterpene that adds complexity to the aroma. It is known for its role in supporting skin health and helping maintain balance in irritated or compromised skin conditions.

**Clinical Studies:** <https://pmc.ncbi.nlm.nih.gov/articles/PMC11990424/>  
<https://pubmed.ncbi.nlm.nih.gov/25985355/>  
<https://pubmed.ncbi.nlm.nih.gov/31680986/>



## HOW WE SOURCE

Patchouli oil is shaped by the quality of the leaves and the post-harvest handling that develops its signature depth. We look for Pogostemon cablin cultivated in warm, humid regions where the plant can produce dense, aromatic foliage.

The leaves are harvested, then dried and often lightly fermented before steam distillation to deepen the oil's profile. Because patchouli continues to evolve after distillation, proper processing and storage are essential. We look for oil that is rich, smooth, and deeply earthy with a balanced, well-rounded character, never sharp, thin, or overly harsh.

## OUR PATCHOULI IS:

- ✓ Steam distilled from dried leaves
- ✓ Unrefined and not standardized
- ✓ Traditionally cured for depth and richness
- ✓ Sourced from humid, tropical regions
- ✓ Deep, earthy, and smoothly complex

We look for oil that carries a rich, full-bodied aroma with a soft, rounded depth, an indicator of proper curing and careful distillation. Sharp, thin, or overly harsh oil signals poor processing or insufficient aging, and we avoid it.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Steam distilled\*
- Deep, earthy aroma\*
- Rich, full-bodied profile\*
- Smooth, well-rounded depth\*
- Stored in dark glass\*

### Avoid:

- Solvent extracted\*
- Sharp or overly harsh scent\*
- Thin or weak aroma\*
- Adulterated/extended oil\*
- Clear or plastic packaging\*

