

Star Anise Essential Oil

Botanical Name

Illicium verum

Strength of Initial Aroma

Strong/Intense

Blends Well With

Spicy, floral, citrus and evergreen oils

Aromatic Description

Strong black licorice aroma

Star Anise Essential Oil Uses

- Rheumatism
- Bronchitis
- Coughing
- Colic
- Indigestion/Cramping
- Colds
- Flu
- Muscle aches or pains
- Hot flashes/Night sweats

Source: www.aromaweb.com Star Anise EO Monograph, www.healthline.com

Star Anise Essential Oil Safety Information

*Various precautions abound for those with hypersensitive skin or with skin problems. Tisserand and Young recommend a dermal maximum of 1.75%. They indicate that it may inhibit blood clotting and that it is contraindicated in pregnancy/breastfeeding, endometriosis and estrogen-dependent cancers. Avoid use with children under 5. Avoid use of the oil if it has oxidized. [Robert Tisserand and Rodney Young, *Essential Oil Safety* (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 197.] Tisserand and Young include additional information that is recommended reading.*

As cited per www.aromaweb.com Star Anise EO Monograph

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.