Cistus Essential Oil

A Natural Immune Booster and Wound Healer

By Nan Martin

Cistus Essential Oil has a soft, fruity smell with honey overtones. I like the smell of the oil, but many don’t! Whether you like the smell or not, it is calming and uplifting oil that stimulates the five senses.

Cistus oil has anti-hemorrhagic and anti-inflammatory properties which helps to stop bleeding and hemorrhaging. It is a natural wound healer and can also help be used for hematomas.

It’s antiviral, antibacterial and immune supporting properties make Cistus essential oil effective against bronchitis, colds and urinary track or bladder infections.

As a matter of fact, it is in one of my favorite professionally blended oils to build up immune system, ImmuPower. This powerful blend is a natural immune system booster. Remember if our immune system was functioning properly than most of the time we don’t come down with flu, colds and infections to begin with. But if you do, immune supporting oils are also key to overcoming an illness quickly.

I designed this section so you could use it as a fun and easy reference guide. It will tell you how to use your oil and what to use it for. It will also provide you with some fun tips, testimonials and oil trivia!

As I receive new tips and testimonials they will be added to the page, so check back often!

Cistus Essential Oil

What is the Genus Species? *Cistus ladanifer*. It is commonly referred to as Labdanum, Rose of Sharon or Rock Rose.

Why is this information important? There are over 20 species of Cistus. Some of the species are not suitable for therapeutic use, and often times the species are substituted or intertwined.

This is particularly true when a plant such is this is referred to by so many common names. So, it is always best to order essential oil by the common name and the genus species, so you know what you are getting!

Where is the name derived from? Cistus comes from a Greek word “kistos” meaning “evergreen shrub” The word ladanifer is derived from “ledon” meaning “dark resin“. Dark resins are where chewing gum came from in ancient times!

Why is this information so important? Its not, it’s just a fun fact!

What Part of the Plant is Used? Leaves and branches.

What is the ORAC Value? 3,860 µTE/100g

Why be bothered with this number? ORAC stands for Oxygen Radical Absorbance Capacity. It tells you the antioxidant capacity of a food item. Antioxidants have shown to reduce the risk of age related conditions and cancer! This was developed by the USDA researchers. For instance: Spinach = 1,260; Clove = 1,078,700. Wow! The number for clove is NOT a typo!
Most Interesting Historical Reference?

Did you know that the healing ability of Cistus, or Rock Rose was noticed by shepherds thousands of years ago? Yes, sheep and goats grazing in the fields would pick up the gum of the shrub in their coats. The shepherds noticed that it would heal cuts and scrapes faster when they rubbed their hands in the gum trying to get it out of the coat!

What are the Plant Properties? Antiviral, antibacterial, antimicrobial, anti-inflammatory, expectorant, antihemorrhagic, antiseptic, astringent, diuretic, supports sympathetic nervous system, immune stimulant, and tonic.

What are the Documented Uses and Benefits of Cistus Essential Oil? Arthritis, AIDS, reduce bleeding, blood clots, boils, bronchitis, circulation, colds, coughs, eczema/dermatitis, fibroids, gangrene, hematoma, hemorrhages, hemorrhoids, menstrual conditions (excessive bleeding), influenza, nervous tension, rhinitis, scar tissue, thrombotic strokes, urinary tract/bladder infections, wounds and wrinkles.

What is the Aromatic Affect on the Mind? Its soft and fruity aroma is calming and releasing.

What is the Spiritual Influence? Cistus essential oil is spiritual oil and has been used for centuries for meditation. It opens the third eye and oxygenates the brain.

It helps quiet the nerves and may calm the insomniac. It also stimulates the five senses: touch, feeling, hearing, sight and taste.

It will assist those who need to be constant rescuers to the point where they exhaust and drain there own physical and mental well-being.

What Chakra is Affected? Promotes opening of the solar plexus chakra. Opens the third eye when placed on the forehead and used during meditation.

What is the corresponding Chakra Color? Gold-brown.

How do I use it?

Use NEAT (undiluted). Then,
• Apply several drops (2-4) on location
• Apply to chakras/vitaflex points
• Directly inhale
• Diffuse, or
• May be used as a dietary supplement.

Good oil for the First Aid Kit? No

Can this oil be used for Animals? Yes, but usually use it in one of my favorite professionally blended oils for the immune system, ImmuPower. I have used this blend at the barn for the horses and for my dog.

Note about Animal Use: Certain oils can be very toxic to cats. Pine and citrus oils in particular that are not of therapeutic grade! Please consult your vet if you are not sure about applying any essential oil to your pet.

What are the Safety Precautions? First, only use therapeutic grade essential oils when wanting healing results! Cistus Essential Oil is approved by the FDA as a Food Additive (FA) and Flavoring Agent (FL).
Although it may be used as a dietary supplement, it is advised **not** to use it in this manner for children under 6 years of age.

**Essential Oil Trivia?**

Did you know that Cistus or Rose of Sharon was made famous by Salomon in the Song of Salomon (2:1)? Yes, Cistus was referred to in this Section of the Bible.

**Tips and Testimonials from an Essential Oil User**

Use Cistus as an immune system booster!


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