

# Amyris Essential Oil Health and Beauty Benefits

*Amyris* is a genus of flowering plants in the citrus family, *Rutaceae*, which also includes *Sichuan* pepper and *Zanthoxylum*. The generic name is derived from the Greek word *αμυρων* (*amyron*), which means "intensely scented" and refers to the strong odor of the resin. Members of the genus are commonly known as "torchwoods" because of their highly flammable wood.

The trunks of *Amyris* species exude *elemi*, a type of balsam (oleoresin) that contains *elemic acids*, liquid *sesquiterpenes*, and *triterpenes* such as *α*- and *β*-*amyrin* among other components. It is used medicinally and in lacquers. The wood is often used for balsam torches and firewood. Its high resin content causes it to burn brightly, and it will burn well even when green. In addition, the wood is hard, heavy, close-grained, can take a high polish, and repels dry wood termites. Essential oils containing *caryophyllene*, *cadinene*, and *cadinol* are extracted from *A. balsamifera* and *A. elemifera*. These are used in varnishes, perfumes, medicines, cosmetics, soaps, and incense.

Chemical compounds known as *chromenylated amides* isolated from *Amyris plumieri* have shown some inhibition of the *cytochrome P450* enzymes.

## HISTORY AND PERTINENT FACTS

Extracted through steam distillation from the seasoned wood of the *Amyris balsamifera* tree, an exotic evergreen plant. This tree is native to Haiti where wild *Amyris* groves cover the island. It also grows in other places with tropical climates like Jamaica, Australia, South America, Central America, as well as Cuba.

This tree is also known as West Indian Sandalwood, since its wood features a fragrance much like that of sandalwood. The viscosity and aroma of *Amyris* is more herbal as compared to sandalwood. And just like sandalwood, *Amyris* wood can be used to fabricate furniture. Historically, traders in Jamaica and Haiti, as well as local fishermen would refer to *Amyris* as "candlewood" due to its high oil content which made it ideal to use as a torchwood.

*Amyris* is a bushy tree that can grow up to 60 feet high. It blooms with clusters of white flowers and compound leaves. The dark fruit from this tree is edible. Before it can be used to extract a highly concentrated essential oil, the tree must mature to a minimum of 30 years old. The pale yellow, viscous oil can be used by itself, or in combination with other EOs like rose, lavender, myrrh, saffras, cedar wood, citronella, spruce, pine, and geranium.

This EO is a popular and less costly alternative to sandalwood for making incense, scented candles, perfumes, and soaps. Because of the way that Indian Sandalwood has

been over harvested, it's been added to the endangered species list and is in danger of becoming extinct. And so Amyris has become a more sustainable alternative.

It's purported to have *germicidal* and calming qualities. It's been used to treat flu symptoms, diarrhea, and even as a bug repellent. When added to massage oils, it relieves muscle aches. It's also frequently used in aromatherapy to ease stress.

Amyris is used in skincare as well as cosmetics. This EO aids in skin regeneration, making it a great home remedy to treat wounds, dry skin, and other skin conditions. It's essential that the oil be diluted in a carrier oil before applying it to the skin. Amyris is usually a non-irritant, however, to be safe it's best to perform a skin patch test before use. If you observe signs of an allergic reaction, like skin reddening or itchiness, it's best to discontinue use.

In highly concentrated quantities, this oil has shown to have a harmful effect on the central nervous system. As with the use of any EO or alternative therapy, it is best to consult a health care professional before starting. This oil should be kept out of reach of children, and should not be ingested, brought in direct contact with eyes, or mucus membranes.

## HEALTH BENEFITS

Amyris EO is used to ease anxiety and stress, and uplift mood, which makes it useful as a natural antidepressant. It has similar constituents as those in Valerian root, so it's a popular remedy for promoting sleep and reducing the occurrence of insomnia.

Also used as an *antiseptic* to clean wounds, as a sedative, and as a stimulant to the circulatory system. Amyris is effective when used as a decongestant for the sinuses, and is known to moisturize and soften skin. From a therapeutic standpoint, Amyris EO might help to ease breathing by loosening tight airways, in addition to promoting healthier cardiovascular and lymphatic systems.

Listed below are a few known health benefits of Amyris essential oil:

### 1. PROMOTES RELAXATION

As mentioned previously, Amyris EO is frequently used in aromatherapy. Its scent has a mood uplifting effect.

### 2. REMOVES TOXINS

Amyris EO is used to make soaps, cosmetics, and other health and beauty products. It works well in eliminating physical toxins from the body.

### 3. SLOWS AGING

Amyris EO is an important ingredient in anti-aging skincare products. It can help with skin regeneration to reduce the signs of aging, like fine lines, wrinkles, and age spots.

#### 4. STIMULATES CREATIVE ENERGY

In aromatherapy, Amyris EO is favored by artists, poets, and musicians because it's said to heighten imagination and creativity.

#### 5. PREVENTS INFECTIONS

Amyris EO has *germicidal* qualities which make it an effective treatment for infections and certain skin conditions. Before it can be used on the skin, it must be combined with other oils, and should be done only by professional aromatherapists. Its anti-inflammatory qualities also make it an effective treatment for the management of numerous skin conditions.

#### 6. REPELS INSECTS

One benefit of Amyris EO is its usefulness as an insect repellent. You can use it as bug spray simply by combining about 50 drops of this oil with about 2-3 ounces of a carrier oil. You can also add a few drops of this oil to the shelves of your pantry and cupboards to help keep pests away.

#### 7. PROMOTES HEALTHY SKIN

Amyris EO can be used to get beautiful glowing skin. But keep in mind that the oil must be diluted prior to it being applied to the skin. Combine it with a carrier oil and massage into the skin before bed.

#### 8. HEALS DRY SKIN

Amyris EO can help with the regeneration of skin. It's a natural treatment for dry skin, since it is abundantly emollient. It moisturizes and keeps skin hydrated. It's also considered to be effective at treating skin conditions and wounds.

#### 9. PROMOTES RESTFUL SLEEP

Another benefit of Amyris EO is a healthy, restful sleep. It acts as a sedative for individuals that experience insomnia. Its calming effect make for a full night's sleep – something important for optimal health.

#### 10. RELIEVES COUGH

Amyris EO, when diluted in a carrier oil and massaged to the chest may provide relief from cough. It may be used as an effective treatment for health problems like influenza and bronchitis.

#### 11. RELIEVES STRESS

The calming effect of Amyris EO can help to unwind after a long stressful day. It calms and relaxes the senses.

#### 12. RELAXATION

A few drops of this EO may be used with a diffuser to soothe the mind. The invigorating fragrance can help uplift your mood.

### 13. MEDITATION

Amyris EO has an aroma comparable to sandalwood. Because of its calming scent, this essential oil is ideal for making incense used for meditation.

### 14. VAGINAL INFECTIONS

Amyris blends well with other herbal essential oils which makes it effective at alleviating the symptoms of vaginal infections and cystitis.

### 15. BUG REPELLENT

Many EOs, particularly Amyris, have demonstrated considerable arthropod repellency in a variety of studies. *Elemol*, one of the major chemical compounds in this oil has been recognized as a highly effective mosquito repellent.

### 16. HEMORRHOIDS

Amyris EO is remarkably helpful in treating hemorrhoids. It reduces swelling, itch, and sharp stinging pain.

## SUGGESTED USES

1. For anxiety, tension, and stress: diffuse throughout the day.
2. For a cough: add 1-2 to hot water, cover your head with a towel, and inhale for 10 minutes.
3. For dry skin: apply 1-2 drops to coconut oil and apply to skin.
4. For high blood pressure: add 5-6 drops Amyris to diffuser and diffuse for 30-60 minutes.
5. For insomnia: diffuse 15-20 minutes before going to bed. Alternately, you can add 5 drops Amyris, 5 drops Vetiver, and 5 drops Cedarwood.
6. For an insect repellent sachet: fill an empty sachet bag with dried flowers, herbs, or cotton balls. Add 6-10 drops Amyris, cinch bag closed and place in drawers, or hang inside closet.
7. For a mature skin cleanser: add 6 drops Amyris for every ounce of facial cleanser.
8. For a mature skin toner: in a 2 ounce spray bottle mix 12 drops Amyris and 2 ounces witch hazel. Shake well to combine before spritzing your face. Best if used after cleansing and before moisturizing.
9. For swollen lymph nodes: In a 10ml roller bottle mix 4 drops Amyris EO, and 2 teaspoons hazelnut oil (a 2% dilution). Roll over swollen lymph nodes.
10. To clean wounds: apply 1 drop of diluted oil to the wound.

## PRECAUTIONS

Amyris EO is safe to use. It's nontoxic and nonirritating, however, those with especially sensitive skin should perform a patch test prior to use. Women who are pregnant or nursing should consult their physician before using.

**REFERENCES:**

<https://www.healthbenefitstimes.com/health-benefits-of-Amyris-essential-oil/>

<https://en.wikipedia.org/wiki/Amyris>