

# Strawberry

## Essential Oil Profile



**Botanical Name:** *Fragaria x ananassa*

(Note: Strawberry "essential oil" is typically not a true essential oil but rather an infused oil or a fragrance oil, as strawberries do not yield essential oil through traditional steam distillation methods.)

**Common Names:** Strawberry

**Plant Family:** Rosaceae

**Countries of Origin:** Primarily cultivated in temperate regions including the United States, Europe, and Japan

**Extraction Method:** Cold pressing of seeds (for seed oil), solvent extraction, or infusion for fragrance oil

**Parts Used:** Seeds or whole fruits

**Essential Oil Smell:** Sweet, fruity, fresh, and reminiscent of ripe strawberries

**Essential Oil Color:** Pale yellow to golden (if from seeds), or clear to light pink (if an infused or fragrance oil)

**Viscosity:** Light to medium

**Perfumery Note:** Top to Middle

**Strength of Aroma:** Medium to strong

## Blends Well With

Vanilla (*Vanilla planifolia*)

Orange (*Citrus sinensis*)

Lemon (*Citrus limon*)

Ylang-Ylang (*Cananga odorata*)

Jasmine (*Jasminum grandiflorum*)

Lavender (*Lavandula angustifolia*)

Sandalwood (*Santalum album*)

## Therapeutic Properties

Antioxidant

Anti-inflammatory

Astringent

Moisturizing

Toning

## Uses

- Aromatherapy: to uplift mood and provide a sense of happiness and well-being
- Perfumery: as a sweet and fruity note in various fragrance formulations
- Skincare: in products aimed at toning, moisturizing, and improving the appearance of skin
- Haircare: to add fragrance and shine to hair products
- Home fragrance: in diffusers, candles, and room sprays to create a pleasant, fruity atmosphere

## Contraindications

- Generally considered safe, but those with strawberry allergies should avoid use.
- Perform a patch test before applying to the skin to check for sensitivity.

## Side Effects

- Potential skin irritation or allergic reactions in sensitive individuals.
- Not to be ingested, as many strawberry fragrance oils are not food-grade.

## Types

- Strawberry Seed Oil (cold-pressed from seeds, used primarily in skincare)
- Strawberry Fragrance Oil (synthetic, used for scent in candles, soaps, and cosmetics)
- Strawberry Infused Oil (strawberries infused in a carrier oil)

## Chemical Constituents

(Note: The following constituents are typically found in the fragrance compounds associated with strawberry scent. Exact percentages are not well-documented due to the nature of strawberry oil)

being mostly synthetic or infused.)

- Linalool (5-10%): Contributes a sweet and floral note.
- Methyl cinnamate (2-5%): Adds a spicy, cinnamon-like fragrance.
- Hexyl acetate (2-5%): Provides a fruity, apple-like aroma.
- Ethyl methylphenylglycidate (1-3%): Known for its sweet, strawberry-like scent.
- Gamma-decalactone (1-3%): Offers a peach-like, fruity aroma.

Strawberry "essential oil" is cherished for its sweet, fruity fragrance that captures the essence of fresh strawberries. It is predominantly used in perfumery, cosmetics, and aromatherapy products to impart a delightful and uplifting scent. Due to the nature of its extraction and the lack of true essential oil, it is often found as an infused oil or synthetic fragrance oil.



**NaturalLivingOnline.com**