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Oud
Essential Oil Profile

Botanical Name: *Aquilaria malaccensis*, *Aquilaria agallocha* (and other Aquilaria species)

Common Names: Oud, Agarwood, Aloeswood, Eaglewood, Gaharu

Plant Family: Thymelaeaceae

Countries of Origin: India, Bangladesh, Thailand, Cambodia, Malaysia, Indonesia, Laos, Vietnam

Extraction Method: Steam distillation or CO2 extraction

Parts Used: Heartwood infected by a specific type of mold (Phialophora parasitica)

Essential Oil Smell: Rich, woody, balsamic, earthy, and slightly sweet with hints of leather and spices

Essential Oil Color: Deep amber to dark brown

Viscosity: Medium to thick

Perfumery Note: Base

Strength of Aroma: Strong

Blends Well With

Rose (*Rosa damascena*)
Sandalwood (*Santalum album*)
Frankincense (*Boswellia carterii*)
Myrrh (*Commiphora myrrha*)
Patchouli (*Pogostemon cablin*)
Cedarwood (*Cedrus atlantica*)
Jasmine (*Jasminum grandiflorum*)

Therapeutic Properties

Antimicrobial
Anti-inflammatory
Antioxidant
Aphrodisiac
Relaxant
Grounding
Meditative aid
Analgesic
Antidepressant

Uses

- Perfumery: as a luxurious and exotic base note in high-end fragrances
- Aromatherapy: to promote relaxation, relieve stress, and enhance meditation
- Skincare: in small amounts for its antibacterial and anti-inflammatory properties
- Spiritual practices: used in incense and anointing oils
- Massage: to relax muscles and soothe the mind

Contraindications

- Not recommended for use during pregnancy and breastfeeding without consulting a healthcare provider.
- May cause skin sensitivity; perform a patch test before use.
- Use in moderation due to its strong and potent aroma.

Side Effects

- Potential skin irritation or allergic reactions in sensitive individuals.
- May be overpowering if used in large quantities.

Types

- Pure Oud Essential Oil (steam-distilled or CO2-extracted)
- Oud Attar (Oud oil blended with other essential oils or base oils)

Chemical Constituents

(Note: The exact composition can vary greatly depending on the species, origin, and age of the wood, as well as the method of extraction. The following are common constituents found in oud oil.)

- Agarol (10-15%): Contributes to the rich, woody aroma.
- Beta-agarofuran (8-12%): Offers antimicrobial and anti-inflammatory properties.
- Alpha-agarofuran (5-10%): Provides a woody and earthy scent.
- Agarospirol (3-8%): Known for its relaxing and grounding effects.
- Jinkoh-eremol (3-7%): Adds to the complex, sweet, and woody fragrance.
- Selinene (2-5%): Contributes to the earthy and slightly spicy note.
- Eudesmol (1-4%): Provides a woody and calming aroma.

Oud essential oil is highly prized in perfumery and aromatherapy for its deep, complex, and exotic scent. Its unique aroma, combined with its therapeutic properties, makes it a valuable and luxurious addition to various applications, from personal fragrances to spiritual practices.