

# Lilac

## Essential Oil Profile



**Botanical Name:** *Syringa vulgaris*

**Common Names:** Lilac, Common Lilac

**Plant Family:** Oleaceae

**Countries of Origin:** Native to the Balkan Peninsula, widely cultivated in Europe and North America

**Extraction Method:** Solvent extraction or enfleurage (Lilac essential oil is rarely produced via steam distillation due to the delicate nature of the flowers)

**Parts Used:** Flowers

**Essential Oil Smell:** Sweet, floral, fresh, with a slightly green note

**Essential Oil Color:** Light yellow to amber

**Viscosity:** Thin

**Perfumery Note:** Middle

**Strength of Aroma:** Medium to strong

## Blends Well With

Jasmine (*Jasminum grandiflorum*)

Rose (*Rosa damascena*)

Lavender (*Lavandula angustifolia*)

Ylang-Ylang (*Cananga odorata*)

Sandalwood (*Santalum album*)

Bergamot (*Citrus bergamia*)

Neroli (*Citrus aurantium*)

# Therapeutic Properties

Antidepressant  
Antibacterial  
Antifungal  
Antispasmodic  
Relaxant  
Uplifting

## Uses

- **Aromatherapy:** to alleviate stress, anxiety, and depression; promote relaxation and emotional balance
- **Perfumery:** as a component in floral and fresh fragrance formulations
- **Skincare:** for its soothing and antibacterial properties; often used in lotions and creams
- **Home fragrance:** in diffusers, potpourri, and candles to create a pleasant and calming atmosphere

## Contraindications

- Not recommended for use during pregnancy.
- May cause skin sensitivity in some individuals; perform a patch test before use.
- Use with caution on sensitive or damaged skin.

## Side Effects

- Potential skin irritation or allergic reactions in sensitive individuals.
- Should be used in moderation due to its potent aroma.

## Types

- Pure Lilac Essential Oil (rare and often expensive due to the extraction process)
- Lilac Absolute (more common due to solvent extraction)
- Lilac Fragrance Oil (synthetic, not a true essential oil, but commonly used in commercial products)

## Chemical Constituents

(Note: Exact percentages can vary and are not always well-documented for lilac essential oil due to its rarity and the complexity of its composition. The following are some known components found in lilac extracts.)

- Linalool (5-10%): Contributes to the floral and fresh aroma.
- Terpineol (3-8%): Provides antiseptic and relaxing properties.
- Eucalyptol (1-5%): Adds a fresh and slightly camphorous note.
- Farnesol (1-3%): Known for its antibacterial and soothing effects.
- Benzyl acetate (1-3%): Contributes to the sweet and floral fragrance.

Lilac essential oil is cherished for its delightful fragrance and calming properties, though it is relatively rare and expensive due to the delicate nature of the flowers and the complexity of the extraction process. It is commonly used in high-end perfumery and aromatherapy for its soothing and uplifting effects.



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