

Botanical Name - Jasminum officinale

Common Name - White jasmine



Uses

1. Aromatherapy: Stress relief and mood enhancement.
2. Perfume: Base ingredient for its distinct fragrance.
3. Skincare: Anti-inflammatory and moisturizing properties.
4. Haircare: Added to oils for nourishing and fragrant hair.
5. Essential Oils: Used in diffusers for relaxation.
6. Massage: Mixed in oils for therapeutic benefits.
7. Tea: Jasmine-infused tea promotes calmness.
8. Traditional Medicine: Treats skin conditions and headaches.
9. Sleep Aid: Helps with insomnia when inhaled.
10. Gardening: Adds beauty and aroma to landscapes.
11. Religious Rituals: Offerings and decorations.
12. Weddings: Used in garlands and decor.
13. Potpourri: For natural room fragrance.