

Lab 3. Nervous system: essential oils KEY

1. What is an adaptogen? How is it different from a tonic?

An adaptogen is mild, general body system herb. 1) helps you adapt to stressors, 2) gentle

A tonic is an herbal preparation.

2. List 2 solvents we have used so far to make infusions in lab.

Water, honey, vinegar

3. How is a carrier oil different than an essential oil? List 2 examples of each.

An essential oil is a distillation of a lot of plant material into a concentrate. A carrier oil is a base, a large amount, into which you disperse the essential oil.

Essential oils – lavender, palmyrose Carrier oil – olive, grape, almond

4. Which oxidizes sooner, a citrus essential oil or a resinous essential oil like patchouli?

citrus

5. Circle all the herbs we studied that are considered to support or have an effect on the nervous system.

lavender	horseradish	chamomile	nettle
rosemary	oregano	thyme	parsley
elderberry	Lemon balm	garlic	echinacea
hops	ginger	fennel	Red raspberry



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