Fragonia is the oil for the new Millenium. - Dr Daniel Penoel.

The unique healing properties of fragonia were first identified by Dr Penoel.

Fragonia has the ability to work at a deep level, releasing blockages and having the capacity to bring harmony, peace and balance at an emotional, physical and for some, a spiritual level.

Botany and Origins

Agonis fragrans is a relatively new oil from Australia. It was first introduced to aromatherapists in 2006. It belongs to the Myrtaceae family. It occurs naturally in southwestern region of Western Australia. It is a small shrub growing up to 2.5 metres. It is also referred to as “course tea-tree” by the cut flower industry.

There is more than one chemotype, however the Agriculture Department of Western Australia and John Day (grower and distiller) have determined the best chemotype for use. This specific chemotype is now used in aromatherapy and has been trademarked as fragonia essential oil.

John and Peta Day say that they chose the name Fragonia with great care and think it reflects not only the botanical name, Agonis fragrans, but also its beautiful characteristics and the gentle fragrance of the foliage and oil.

Method of extraction

Steam distillation.

Characteristics

Fragonia has a soft, clean, refreshing and delicate camphoraceous aroma with a hint of a citrus note and a sweet balsamic undertone.

Chemistry

A typical chemical composition of fragonia is;

- α-pinene (21-27%), β-pinene (1.5-1.7%), myrcene (1.4-2.2%), limonene (2.4-2.5%), γ-terpinene (1.3-3.3%), δ-cymene (2.2-2.9%), 1,8-cineole (29-32.5%), linalool (11.7-12.4%), terpine-4-ol (3.7-4.3%), α-terpineol 5.4-7.6%, myrtenol (3.1-4.5%), geraniol (0.5-1.2%)

These three main molecular groups are present in Agonis fragrans in an almost perfect proportional balance of one third each. Dr Penoel says that Fragonia is truly a unique essential oil because of the perfectly balanced ratio of monoterpenes hydrocarbons, oxides and monoterpenol alcohols. He refers to fragonia as the “golden triangle” – the symbol of balance and harmony.

This is rare as many essential oils usually have one dominant group of compounds. This, I believe, contributes to the oil’s most pleasant aroma and diverse healing properties.

Properties

Anti-inflammatory, antiseptic, antimicrobial, analgesic, decongestant, expectorant, immune stimulant.
Uses

Antimicrobial
The antimicrobial activity of fragonia was just as effective as tea tree according to research at the University of Western Australia. In fact, fragonia is considered gentler on the skin than tea tree oil and can be used safely at a higher concentration.

Guba says that the MIC (Minimum Inhibitory Concentration – the level at which organisms stop reproducing) and MCC (Minimum Cidal Concentration – the level at which organisms are killed) for fragonia is similar to other well-known antimicrobial oils such as:

- Tea tree – Melaleuca alternifolia
- Lemongrass – Cymbopogon citratus
- Oregano – Origanum vulgare

It is considered to be an excellent treatment for topical infections such as acne or impetigo, for fungal infections such as tinea and viral infections such as cold sores.

Analgesic
Testimonial and case studies have demonstrated the benefits of fragonia to relieve pain associated with arthritis, relief of muscular and joint pain within a short time of topical application. Guba says that the para-cymene may contribute to this effect.

However, Dr Penoel says that there are other essential oils that have a higher percentage of para-cymene but do not have the same analgesic effect as fragonia. Therefore, it is likely that the analgesic action of fragonia is due to the synergistic actions of many constituents.

Anti-inflammatory
Anti-inflammatory in vitro studies conducted by the School of Paediatrics and Child Health at the University of Western Australia found that fragonia inhibited secretion of the interferon, involved in the inflammatory response to tissue injury or infection, which suggests that the oil also has anti-inflammatory properties.

Expectorant
The 1,8-cineole content makes fragonia an excellent expectorant and it is indicated for respiratory conditions with infection and congestion.

Dr Penoel has reported great success in treating the respiratory system. It has been suggested that the monoterpenols provide anti-microbial action upon most common bacteria, while the 1,8-cineole aids the breakup of mucous secretions.

Immune stimulant
Anecdotal experiences with clients reported by Dr Penoel suggest that fragonia has immune-enhancing properties. Penoel recommends using it topically to areas of lymph nodes (neck, groin and armpits) or to larger areas of the body, such as the abdomen and back in a “perfusion” treatment.

Emotional balance
Once you smell fragonia you will understand what Dr Peneol means when he says the oil has a deeply calming effect;

The calm feeling that you obtain is different from the effect of taking a synthetic medication. Its power comes from its capacity to create inner peace and establish harmony from within. We live in a crazy world of constant acceleration and the disease of “more, more, more…” cuts us off from true meaning of life.

Fragonia induces a profound feeling of calmness and tranquillity and genuine feeling of serenity. Dr Peneol also explains that fragonia induces a far better quality of sleep. He refers to his personal experience using fragonia;

Sometimes we have to go to bed very late because of too much work to finish; the use of fragonia does improve the depth and the relaxing effect of the sleep, so that in the morning there is no feeling of being tired because of too little sleep.

Ron Guba also explains fragonia’s gentle, calming effect on the mind;

The experience of ‘making peace’ seems particularly reserved for those actually dealing with constrained, blocked emotions and in this case, Fragonia does appear to act as a gentle “helper” in loosening these emotional issues for inspection and release.

Personality profile

The delicate, light scent of fragonia suggests to me that fragonia personality type according to Myers-Briggs Type Indicator is an INFP (Introvert, Intuition, Feeling, Perceiving). This represents the healer archetype.

INFPS are gentle, calm, easy going and affirming. Integrity and commitment to what they believe is essential. They like time alone for their many interests. They like learning and researching new things and interests. They are highly reflective, especially in understanding the mysteries and meaning of life.

Subtle aromatherapy

Robbi Zeck best describes the energetic qualities of fragonia when she says fragonia is like a candle carrying the light of dignity, nurturing the spirit and helping you to come to terms and resolve any past traumas and unresolved family issues.

Fragonia gently helps remove scars from past emotional pain. She says that it helps you build resilience and that it carries a unique energy
pattern, bringing the gift of the power of love\(^6\).

Zeck explains that fragonia calls you to that place in your higher consciousness where you are connected to something far greater than yourself. It helps you become more resilient, allowing you to celebrate life despite any illness, disease and emotional discomfort\(^6\).

Fragonia allows us to see with new eyes, experience profound insight, change our perspective and attitude or receive a vision. Fragonia helps us master the third eye chakra. It helps us to keep our mind focused on related issues, including the awareness of the benefits to be gained from transcending the purely physical world and opening ourselves up to intuitive sight and wisdom; the ability to learn from experience and emotional intelligence\(^6\).

**How to use**

**Bath:** Typically for a full body bath in a tub, use up to 5 drops of essential oils in the tub of warm water. Foot or hand baths may be prepared by adding 2-3 drops of essential oil to a bowl of warm water.

**Massage:** Use a 2.5% dilution of the appropriate blend of essential oils to the chosen carrier oil. A 2.5% dilution equates to 5 drops of essential oil to 10mL of carrier oil.

**Inhalation:** The best way to use essential oils for inhalation is by diffusing them. When you are using essential oils in an ultrasonic diffuser please follow the instructions of the diffuser that you are using.

**Blending tips**

I once described fragonia as the perfect example of nature creating the perfect blend for us. Its clean, fresh, delicate, camphoraceous aroma means that it can easily complement most other essential oils.

I love fragonia because it blends so well with very strong scented oils as well as delicate, light floral oils. It blends so well with strong camphoraceous essential oils such as tea tree or eucalyptus and spicy oils such as cinnamon or clove to make a strong antimicrobial blend while taking the sharp, medicinal aroma of these oils.

It also blends well with light, floral and wood oil such as lavender, clary sage, neroli and sandalwood to take on a more spiritual, balancing persona.

**Perfect Potion classics with fragonia**

Fragonia is a relatively new essential oil to Perfect Potion. At this stage I have reserved it for very special blends that work on a more energetic and spiritual level such as the Green Goddess and Chakra Balancing ranges. It works so well in complex blends. Both of these blends have over 20 essential oils. It does not attempt to overpower the other essential oils - it seems to create the perfect synergy. I feel that the blend always takes on the subtle energetic qualities of fragonia.

Fragonia beautifully takes the harsh, sharp edge off any blend containing essential oils like lemon myrtle, tea tree and eucalyptus such as Great Outdoors blend, which perfectly represents the scent of Australian bush.

**Desert Dreaming** is another complex blend that reconnects us with nature at a spiritual level. Once again, fragonia works in perfect harmony with the other oils to truly capture the spirit of Australia.

I can promise you that I will be using fragonia more often in future Perfect Potion blends.

**Safety**

The overall composition of fragonia oil means that it is safe and non-toxic essential oil. It is safe for use on children, the elderly and during pregnancy\(^2\).

It should be well tolerated on the skin and may even be used undiluted\(^2\).

**References**