















Terpene		Effects	Aroma 🌸	Point 🌡️	Found in
Linalool		Calming, Sedative, Stress Relieving	Floral, Sweet, Citrusy	198°C	Lavender, Thyme, Rosemary
Myrcene		Elevating, Relaxing, Sedative	Musky, Earthy, Fruity	168°C	Mangoes, Lemongrass, Basil
Ocimene		Anti-Inflammatory	Earthy, Minty, Balsamic	100°C	Lavender, Mango, Basil
Pinene		Elevating, Relaxing, Sedative	Musky, Earthy, Fruity	168°C	Pine Trees, Rosemary, Dill
Limonene		Calming, Sedative, Stress Relieving	Floral, Sweet, Citrusy	198°C	Lemons, Grapefruits, Mandarins
Caryophyllene		Elevating, Relaxing, Sedative	Musky, Earthy, Fruity	168°C	Cloves, Oregano, Cinnamon
Terpinolene		Anti-Inflammatory, Appetite-suppressant	Earthy, Woody, Spicy	186°C	Cumin, Sage, Apples
Nerolidol		Antifungal, Antioxidant, Sedative	Floral, Woody, Citrus	252°C	Ginger, Jasmine, Lavender
Eucalpytol		Anti-Inflammatory, Antifungal, Antibacterial	Minty, Fresh, Cool	176°C	Rosemary, Bay Leaves, Basil
Borneol		Antiseptic, Anti-inflammatory, Sedative	Earthy, Woody	213°C	Rosemary, Thyme, Mugwort
Geraniol		Antioxidant, Antibacterial	Floral, Sweet	230°C	Roses, Geraniums, Lemons
Bisabolol		Anti-inflammatory, Antioxidant	Floral, Sweet, Chamomile	153°C	Chamomile, Myoporum
Farnesene		Anti-inflammatory, Sedative	Woody, Fruity, Sweet	123°C	Apples, Basil, Turmeric
Camphene		Anti-inflammatory, Antioxidant	Woody, Earthy, Piney	159°C	Nutmeg, Ginger, Rosemary
Humulene		Anti-Inflammatory, Appetite-suppressant	Earthy, Woody, Spicy	198°C	Hops, Sage, Black Pepper
Guaiol		Anti-inflammatory, Antimicrobial	Woody, Pine	92°C	Eucalyptus, Pine
Terpineol		Relaxing, Antioxidant	Floral, Lilac, Citrusy	218°C	Lilac, Pine, Lime Blossoms
Isopulegol		Anti-inflammatory, Gastroprotective, Antiviral	Minty, Citrus	159°C	lemongrass, Eucalyptus, Mint
Fenchol		Antibacterial, Antimicrobial	Earthy, Citrus	201°C	Basil, Lime
Delta-3 Carene		Anti-inflammatory, Bone-strengthening	Sweet, Earthy	168°C	Rosemary, Basil, Cedar, Pine
A-Phellandrene		Antifungal, Antibacteria	Citrusy, Peppery, Minty	171°C	Eucalyptus, Parsley, Dill
A-Cederene		Anti-inflammatory, Antimicrobial	Woody, Spicy aroma	260°C	Cedarwood, Juniper

What are Terpenes?

Terpenes are organic compounds found in a variety of plants, fruits, and herbs. They are responsible for the unique aromas, flavors, and colors associated with different plant species. Beyond their sensory contributions, terpenes play a crucial role in the therapeutic effects of many essential oils and herbal remedies. They interact with other compounds in plants, such as cannabinoids, to produce a range of effects that can influence mood, stress levels, and overall health.

How Do Terpenes Enhance the Entourage Effect?

Terpenes enhance the entourage effect by working together with cannabinoids (like THC and CBD) to produce a stronger and more balanced impact. The entourage effect is the idea that the various compounds in a plant, such as cannabinoids and terpenes, work together synergistically to create effects that are greater than the sum of their individual parts.

What Role Do Terpenes Play?

Terpenes play a crucial role in the effects of various plants, especially cannabis. While they don't produce a high, they do have psychoactive properties that can promote relaxation and alleviate pain. Terpenes are distinct from cannabinoids but are found in the same parts of the cannabis plant. By interacting with the body's endocannabinoid system, terpenes enhance the therapeutic effects of cannabinoids, contributing to a more balanced and effective experience.

Understanding Terpene Boiling Points

The boiling point of a terpene is the temperature at which it transforms from a liquid to a gas. This is important because it affects how and when a terpene will release its aroma and therapeutic properties. When terpenes are heated to their boiling points, they vaporize and can be inhaled or absorbed, making their beneficial effects more accessible.