

Ylang Ylang Complete

Cananga odorata

Alexandria Brighton Collection
ESSENTIAL OILS

Therapeutic Properties: Antidepressant, antiseborrheic, antiseptic, aphrodisiac, hypotensive, nervine and sedative.

Ylang Ylang Complete Essential Oil is very exotic and prized for its perfume fragrance. It has relaxing, restoring, and aphrodisiac properties, and is known to assist the body with lowering blood pressure. It can also be used to help those who are tense or worried, and is good used in a bath blend.

Ylang Ylang Complete is renowned as a treatment for emotionally related conditions such as stress, panic, anxiety, sexual problems, and hypertension. It appears to be safe to use during pregnancy in small doses and can help women who are very nervous and worried about their approaching labor.

The fragrance of Ylang Ylang Complete is soft, sweet, and erotic. It stimulates the part of the brain that releases endorphins. It is, therefore, helpful in reducing pain perception and may assist in labor, as well as in creating euphoric and erotic moods. Ylang Ylang, like Rose, Jasmine, and Grapefruit, raises the spirits since they all stimulate the same center in the brain. The oil has anti-depressive properties, and it is particularly beneficial for nervous depression that is accompanied by severe tension. Its effects are calming and antispasmodic. These properties allow dissolution of external as well as internal tension, with an additional euphoric effect. Ylang Ylang Complete helps reconcile feelings of anger, rage, and frustration by replacing them with joy, sensuality, euphoria, inner trust, and peacefulness.

According to Dr. Tim Betts of Birmingham University's Neuropsychiatry Clinic, UK, Ylang Ylang Complete can be effective for controlling epilepsy, especially when smelled before the onset of a seizure; "The majority of patients with epilepsy, given a choice of four or five oils, almost invariably choose Ylang Ylang Complete."

aromatherapy & home uses

Circulation, Muscles and Joints: High blood pressure, hyperpnea (abnormally fast breathing), tachycardia, palpitations.

Nervous System: Depression, frigidity, impotence, insomnia, nervous tension and stress-related disorders, soothes and inhibits anger born of frustration.

Skin Care: Acne, hair growth, hair rinse, insect bites, irritated and oily skin, general skin care.

suggested usage (10 years & up)

BATH:

- 10 drops Ylang Ylang Complete in $\frac{1}{2}$ cup of Dead Sea Salt in a warm bath will help chase away daily tensions and restore calm and balance.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- Add 10-20 drops to cream or lotion. Ylang Ylang Complete has the extraordinary ability to relax facial muscles. We pack a lot into these muscles – anger, hate, rage, and frustration. We “keep face,” and grind our teeth. These expressions eventually become plainly visible in facial contours and create a permanent facial landscape. The most beneficial cosmetic treatment is a relaxed face. Here, a massage with Ylang Ylang Complete works wonders. It is also very effective for tension headaches. If the fragrance seems too sweet, tone it down with orange or lemon.

responsible cautions

- Non-toxic, non-irritant, a few cases of sensitization reported.
- Use in moderation, since its heady scent can cause headaches and nausea.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.goDesanaOrganics.com/cautions.asp.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Wildcrafted

Producing Organ: Flowers

Extraction: Steam Distillation

Country of Origin: Madagascar

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed

Bath

- Infant to 3 months - not recommended
- 3 months to 3 years - 1 drop in 1 tablespoon of Baby Bliss Shampoo & Body Wash
- 3 to 5 years - 3 drops in $\frac{1}{4}$ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in $\frac{1}{4}$ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - safe when used as directed

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.



availability

10ml Bottle & AromaStix

QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological ‘soundness’ (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.