

Angelica

angelica archangelica 5ml

Angelica was known in the middle-ages as "The Angel Herb" or "root of the Holy Spirit" for its almost miraculous healing strength and especially high frequency. In the past, the herb was used to purify the blood and as an antidote to poisoning. Because of its ability to assist with the reduction of excessive uric acid levels in the blood, it can support the body with the relief of gout, rheumatism, and some forms of arthritis.*

Angelica has been used for centuries in Europe for bronchial ailments, colds, coughs, indigestion, flatulence, and to stimulate the appetite.*

In Chinese Medicine, Angelica is well known for its ability to promote fertility, fortifying the spirit, and treating general female disorders.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to support lungs.*
- **Misting:** Mix 5 drops per 1 ounce of distilled water in an amber glass or PET plastic bottle, shake well, and mist into environment as desired.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to assist and help support your body with aiding the lymphatic system, detoxification, digestive problems, colds and flu, as well as to fight fungal growths.*

topical

- **Compress:** Mix 2 to 4 drops in 1 pint of hot or cold water; soak towel in water and apply on desired location. Cover the area with a dry towel and heating pad or ice pack. For women, apply over abdomen to support a balanced monthly cycle.*
- **Massage:** To assist with circulation, arthritis, gout, sciatica, migraines, colds and flu, as well as encouraging the natural production of estrogen which aids in regulating and easing painful monthly periods, add to the carrier oil of your choice, adhering to the dilution guidelines below.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 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.*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 4

Never recommended for children or while pregnant or nursing.

properties

Wild-Crafted

Producing Organ: Root

Extraction: Steam Distillation

Country of Origin: France

Main Chemical Constituents: Phellandrene, pinene, limonene, linalool, borneol

Therapeutic Properties: Antispasmodic, carminative, depurative, diaphoretic, digestive, diuretic, emenagogue, expectorant, febrifuge, nerve, stimulant, stomachic, and tonic [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 84.]

responsible cautions

- Can cause skin irritation and also phototoxicity in higher concentrations.
- In higher doses, can cause excessive stimulation or hyperactivity of the nervous system.
- Not recommended for use by those taking anticoagulants (blood thinners).
- Avoid during pregnancy.
- Not for use by those suffering diabetes.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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