

Elemi

canarium luzonicum 10ml

Elemi trees are tall, tropical trees native to the Philippines. The name 'elemi' comes from an Arabic phrase meaning 'above and below', and reminds us that the sacred resin in the tree supports our well-being on both the spiritual and the physical planes.*

Used extensively in ancient Egypt and the Middle East, and later throughout Europe, Elemi has a long history of use in both medicinal and cosmetic formulas. Often found in skin care, soaps, and incense formulas, Elemi is still used extensively in therapeutic preparations. Highly regarded as a fixative, the Egyptians used Elemi resin as a part of the embalming process.*

In addition to skin conditions (scars, wrinkles, chapped skin, acne, etc.), Elemi can be used for muscle and nerve pain, infections (bronchitis, chest, cuts and wounds), ulcers, coughs, inflammation (breast and uterus), and rashes.*

Elemi blends well with spice oils such as Cardamom, Cinnamon, and Ginger, or flowers such as Geranium, Lavender, and Melissa. It also blends well with trees and resins such as Frankincense, Galbanum, Myrrh, Rosewood, and Sandalwood.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 20 drops for up to 20 minutes every hour to ease congestion and lift & support mood and emotional balance.*
- **Inhalation:** Inhale a drop or two from a tissue or cotton ball as needed.*

bath

- **Bath:** Add 5 to 6 drops to ½ cup Pink Himalayan or Dead Sea salts and stir into warm water for a soothing, rejuvenating bath.*
- **Foot Soak:** Use 5 to 6 drops in ¼ cup Pink Himalayan or Dead Sea salts for a relaxing foot bath.*

topical

- **Massage:** Dilute 2 drops per 1 teaspoon of carrier or massage oil and massage into back or chest for respiratory relief.*
- **Massage:** Dilute with carrier or massage oil for applying to large areas.*

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).*



Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

properties

Wildcrafted

Producing Organ: Resin

Extraction: Steam Distillation

Country of Origin: Philippines

Main Chemical Constituents: Phellandrene, dipentene

Therapeutic Properties: Antiseptic, balsamic, cicatrizant, expectorant, fortifying, regulatory, stimulant, stomachic, tonic

responsible cautions

- Not for use during pregnancy or while breastfeeding.
- 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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