

Helichrysum

helichrysum italicum 5ml

Although more expensive than most essential oils, this amazing oil is versatile and incredibly effective. A little goes a long way, and there are benefits to using Helichrysum that cannot be found in any other oil. It's definitely a staple in the essential oil inventory of all serious aromatherapists.*

Helichrysum is the first choice for its anti-hematoma properties, with the ability to reduce inflammation and assist vascular dilation, it is an excellent aid for circulatory issues. Like Geranium, it can stop bleeding quickly and promote quick and powerful wound healing. Helichrysum is particularly effective on broken or varicose veins as well as bruising and hematomas from injuries to the skin.*

An excellent nervine, it can provide relief from carpal tunnel syndrome, sore or strained muscles, sprains, migraine headaches, neuralgia, nervous exhaustion, and stress-related disorders.*

A must-have for every first-aid kit, Helichrysum is phenomenal for bites from mosquitoes and other insects. It can almost instantly ease associated itching, and will also reduce swelling, disinfect, and promote healing. It can be applied undiluted and is a great temporary measure until medical treatment can be obtained if it's needed.*

A good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; reduces congestion and inflammation. Also used as a wound healing agent, antifungal and antiparasitic.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser in 15 minute intervals throughout the day to relieve congestion or shift on an emotional level.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale as desired.*

bath

- **Bath:** Add 4 to 6 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to ease hemorrhoid symptoms.*

internal

- **Capsules:** Mix 3 drops Helichrysum with carrier oil in a veggie capsule and take twice daily for liver support and to assist gut health.*

topical

- **Massage:** Add 5 to 10 drops to a massage or carrier oil and use for a soothing massage.*
- **Massage:** Apply neat (undiluted), or mix a few drops with an equal amount of carrier oil, for a nourishing face and neck moisturizer with powerful anti-aging properties.*
- **Restless Leg:** Apply 2-3 drops to the soles of each foot to calm restless leg syndrome.*
- **Scars:** Mix equal amounts of Helichrysum, Lavender, and Frankincense to assist with reducing scars and scar tissue.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Internal • 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: Flowers

Extraction: Steam Distillation

Country of Origin: Corisca

Main Chemical Constituents: Nerol, neryl acetate, geraniol, pinene, linalol

Therapeutic Properties: Anti-allergenic, anti-inflammatory, antimicrobial, antitussive, antiseptic, astringent, cholagogue, cicatrizant, diuretic, expectorant, fungicidal, hepatic, nervine.

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- 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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