

Angelica Root

Angelica archangelica

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 uses include toxin build-up, water retention, dull skin, gout, and exhaustion. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 57-67.]

suggested usage

BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality 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.

COMPRESS

- Mix 2-4 drops of Angelica Root Essential Oil in 1 pin 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.

INHALATION

- Put 1-2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed to support lungs.
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.

MISTING

- Mix 5 drops per 1 ounce of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired.

TOPICAL

- To assist with circulation, arthritis, gout, sciatica, migraines, colds and flu, as well as helping to encourage the natural production of estrogen which aids in regulating and easing painful monthly periods, add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to the dilution guidelines on the right of this document.

responsible cautions

- Angelica Root can cause skin irritation and also photo-toxicity in higher concentrations.
- In higher doses, it can cause excessive stimulation or hyperactivity of the nervous system.
- Not recommended for use by those taking anticoagulants (blood thinners).
- Avoid Angelica Root Oil during pregnancy and diabetes. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 84.]
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

pregnancy & children

- Avoid during pregnancy, labor, and while breastfeeding.
- Not recommended for use in children.

attributes

Wildcrafted

GRAS Certified

Producing Organ: *Root*

Extraction: *Steam Distillation*

Country of Origin: *France*

Therapeutic Properties: *anti-spasmodic, carminative, depurative, diaphoretic, digestive, diuretic, hepatic, emenagogue, expectorant, febrifuge, nervine, stimulant, stomachic, and tonic substance*

Main Chemical Constituents: *a-pinene, Camphene, B-pinene, Sabinene, d-3-carene, a-Phellandrene, Myrcene, Limonene, B-phellandrene, cis-Ocimene, Trans-ocimene, p-Cymene, Terpinolene, Copaene, Bornyl acetate, Terpinen-4-ol, Cryptone, B-bisabolene, Humulene monoxide, Tridecanolide, and Pentadecanolide*

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.

Others: Topical dilution for children under age 10, pregnant women, the elderly, those with sensitive skin, those with compromised immune systems, or those with other serious health issues is 1% (6 drops per 1 ounce of carrier oil). **Angelica Root Essential Oil is not recommended for use during pregnancy, by those suffering diabetes, those taking anticoagulants (blood thinners), or with children.**

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

5ml Bottle



QUALITY ASSURANCE

All oils from goDésana 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

goDésana 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.