

ELEMI

Canarium luzonicum

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.

**EXPECTORANT,
ANTISEPTIC,
REJUVENATING**

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 used 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.

Available in: 10ml Bottle

daily uses

BATH

- Add 5-6 drops to 1/2 cup Pink Himalayan or Dead Sea salts and stir into warm water for a soothing, rejuvenating bath.
- Use 5-6 drops in 1/4 cup Pink Himalayan or Dead Sea salts for a relaxing foot bath.

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.

MESSAGE

- Dilute 2 drops per 1 teaspoon carrier or massage oil and massage into back or chest for respiratory relief.
- Add 10-20 drops to your favorite goDésana moisturizer or lotion.

TOPICAL

- May be used neat, or mixed with carrier or massage oil.
- Dilute with carrier or massage oil for applying to large areas.

RESPONSIBLE CAUTIONS

- Not for use during pregnancy or while breastfeeding.
- Patch test on extremely sensitive skin before topical application.



Essential Singles

attributes

PRODUCING ORGAN
Resin

EXTRACTION
Steam distillation

COUNTRY OF ORIGIN
Philippines

PROPERTIES
Anti-inflammatory,
antispasmodic, antimicrobial,
antiseptic, anti-depressant,
expectorant, anti-catarrhal,
anti-infectious and sedative.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

