

GALBANUM

Ferula galbaniflua

The benefits of Galbanum essential oil were documented in Egyptian times and in Ancient Rome. Historically, it was used as a natural muscle relaxant and antispasmodic, a cough remedy, and to relieve the pain of abscessed teeth.

**CALMING,
RESTORATIVE,
ANTISPASMODIC**

Galbanum is high in monoterpenes, and is therefore able to reprogram at a cellular level. It significantly increases the vibrational frequency of other oils despite the fact that its own frequency is not very high.

Galbanum was also widely used as a component of incense and is listed in the Holy Bible as part of the sweet spices used to make Holy Incense. Holy Incense was only made for the worship of the Lord and Holy communication as it was believed to be free from evil.

Galbanum is a very important scent for certain psychosomatic problems such as panic attacks caused by stress. It is believed to be helpful with claustrophobia and agoraphobia because of its earthy nature, and may be good for Seasonal Affective Disorder (SAD) or for people who are confined indoors.

It is said to be anti-infectious, anti-spasmodic and is often used in sport remedies for muscular pain.

Available in: 5ml 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 muscle relaxing bath.
- Use 5-6 drops in 1/4 cup Pink Himalayan or Dead Sea salts for a soothing foot bath.

DIFFUSION

- Diffuse 10 to 20 drops for up to 20 minutes every hour to ease congestion or to 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 or to soothe tired, achy muscles.

TOPICAL

- May be used neat or mixed with carrier or massage oil for application to scars, skin inflammation, or acne.
- Dilute 50/50 with carrier or massage oil for applying to a large area.

RESPONSIBLE CAUTIONS

- Not for use during pregnancy.
- Do not apply neat or blended to young skin, open wounds or cuts as it can be a skin irritant



Essential Singles

attributes

PRODUCING ORGAN

Resin

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Turkey

PROPERTIES

Analgesic, antiseptic, anti-inflammatory, antimicrobial, antispasmodic, anti-viral, diuretic, expectorant, circulatory stimulant, anticonvulsant, restorative and tonic.



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.

