

# HELICHRYSUM

## *Helichrysum italicum*

Although more expensive than most essential oils, this amazing oil is versatile and incredibly effective. A little goes a long way. 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.

**ANTISEPTIC,  
ASTRINGENT,  
HEPATIC**

It 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 for the 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.

**Available in: 5ml Bottle**

## daily uses

### BATH

- Add 8-10 drops to 1/2 cup Pink Himalayan or Dead Sea Salts and stir into warm bath.

### DIFFUSION

- Diffuse 10-15 drops in 15 minute intervals throughout the day to relieve congestion or shift on an emotional level.

### INHALATION

- Apply 2 drops on hands, rub together, and inhale deeply as needed.

### INTERNAL

- Mix 5 drops Helichrysum with carrier oil in a veggie capsule and take twice daily for liver support.

### MASSAGE

- Add 5 to 10 drops to a massage or carrier oil and use for a soothing massage.

### TOPICAL

- Apply neat to insect bites and wounds.
- Apply neat, or mix a few drops with an equal amount of carrier oil, for a nourishing face and neck moisturizer with powerful anti-aging properties.
- Mix equal amounts of Helichrysum, Lavender and Frankincense to quickly reduce scars and scar tissue.
- Apply 2-3 drops to the soles of each foot to calm restless leg syndrome.

### RESPONSIBLE CAUTIONS

Non-toxic, non-sensitizing, non-irritating.



## Essential Singles

## attributes

### PRODUCING ORGAN

Flowers

### EXTRACTION

Steam distillation

### COUNTRY OF ORIGIN

Corsica

### PROPERTIES

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



### 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.

