



# Angelica Root

ANGELICA ARCHANGELICA L.

Angelica Root has a peppery, rich, herbal, earthy, woody and musk animal odor. In Chinese medicine, it is used to relieve cramps, infrequent and irregular periods, PMS, and ease menopausal symptoms.

## COUNTRY OF ORIGIN

Germany

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Roots

## BOTANICAL FAMILY

Apiaceae

## CHEMICAL FAMILY

Monoterpenes

## AROMA

Woody, Fresh, Pepper-like, and Herbaceous.

## NOTE

Middle/Base

## SAFETY

- Angelica Root essential oil is considered generally non-toxic and non-irritant, however, it is known to be phototoxic.
- After any application to the skin, avoid direct exposure to strong sunlight for up to 12 hours.
- Avoid use during pregnancy.
- Avoid use if suffering from diabetes.

## THERAPEUTIC PROPERTIES

Angelica Root has also been used for treating urinary tract infections and respiratory ailments.

ANTI-INFLAMMATORY	ANTISEPTIC	ANALGESIC
ANTISPASMODIC	CARMINATIVE	DEPURATIVE
DIAPHORETIC	DIGESTIVE SUPPORT	DIURETIC
HEPATIC	STOMACHIC	NERVINE STIMULANT
TONIC		

## BODY SYSTEMS

DIGESTIVE

FLATULENCE AND INDIGESTION

ENDOCRINE

EXHAUSTION, NERVOUS

IMMUNE

COLDS/FLU

LYMPHATIC

MIGRAINE



## BODY SYSTEMS CONTINUED

### MUSCULAR

EDEMA

### REPRODUCTIVE

PMS, IRREGULAR PERIODS, MENOPAUSE, CRAMPS

### RESPIRATORY

DECONGESTANT

### URINARY

URINARY TRACT INFECTIONS

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