

Galbanum is a top-note essential oil that is great to help with healing wounds and is effective towards sores and ulcers.

COUNTRY OF ORIGIN France

EXTRACTION METHOD Steam Distillation

PLANT PART Resin

BOTANICAL FAMILY Rutaceae

CHEMICAL FAMILY Monoterpenes

AROMA Earthy, Woodsy, Sweet

NOTE Top

SAFETY

- Avoid during pregnancy.
- Not for children under 5.
- Possible skin irritant.

No safety hazards are found; however, it should not be used in heavy dosages.

THERAPEUTIC PROPERTIES

ANTI-ARTHRITIC	ANTISPASMODIC	DECONGESTANT
ANTIBACTERIAL	ANTIVIRAL	DISINFECTANT
ANTIDEPRESSANT	VULNERARY	INSECTICIDE
ANTIRHEUMATIC	CICATRISANT	IMMUNE SUPPORT
EMOLLIENT	CIRCULATORY	DETOXIFIER
ANTISEPTIC	ANTIOXIDANT	ANTIPARASITIC

BODY SYSTEMS

CIRCULATORY CIRCULATORY SYSTEM BOOST

DIGESTIVE INDIGESTION

INTEGUMENTARY ACNE & PIMPLES HEALING, SCARS

LIMBIC MEDITATION & RELIEVING TENSION

MUSCULAR ARTHRITIS & RHEUMATISM, MUSCLE SPASMS & CRAMPS

BODY SYSTEMS (CONT.)

RESPIRATORY

CONGESTION

REFERENCES:

- 1. EVIDENCE-BASED ESSENTIAL OIL THERAPY, DR. SCOTT A. JOHNSON, 2015, SCOTT A. JOHNSON PROFESSIONAL WRITING SERVICES, LLC
- 2. MODERN ESSENTIALS, A CONTEMPORARY GUIDE TO THE THERAPEUTIC USE OF ESSENTIAL OILS, SEVENTH EDITION 2015, AROMA TOOLS
- 3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
- 4. NAHA HTTPS://NAHA.ORG/EXPLORE-AROMATHERAPY/SAFETY/GENERAL-SAFETY-GUIDELINES
- 5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS