

Helichrysum

HELICHRYSUM ITALICUM

Helichrysum is an effective oil for acne, bruises, boils, burns, cuts, dermatitis, eczema, irritated skin, and wounds.

COUNTRY OF ORIGIN

Native to North Africa and throughout the Mediterranean

EXTRACTION METHOD

Steam Distillation

PLANT PART

Flowers

BOTANICAL FAMILY

Asteraceae (Compositae)

CHEMICAL FAMILY

Monoterpenes, Monoterpenols, Sesquiterpenes, Sesquiterpenols, Ketones, Esters

AROMA

Deep, Herbaceous, Warm

NOTE

Base-Middle

SAFETY

- It can be irritating if too much is used.
- Check with your healthcare provider before using during pregnancy.

Non-toxic, generally non-irritating. Best if used at low dosages.

THERAPEUTIC PROPERTIES

Helichrysum supports the body through post-viral fatigue and convalescence and can also be used to repair skin damaged by psoriasis, eczema, or ulceration.

ANALGESIC	CICATRISANT	ANTIFUNGAL
ANTIALLERGENIC	SKIN HEALING	NEUROPROTECTIVE
ANTIDEPRESSANT	TONIC	NEUROTONIC
ANTI-INFLAMMATORY	WOUND HEALING	VASOCONSTRICTOR
ANALGESIC	ANTIBACTERIAL	HAEMOSTATIC
ANTISPASMODIC	ANTIVIRAL	NERVIVE

BODY SYSTEMS

CIRCULATORY

VARICOSE VEINS, BLEEDING AND HEMORRHAGING

ENDOCRINE

ALCOHOL & HEAVY METAL TOXICITY

INTEGUMENTARY

WRINKLES AND STRETCH MARKS

LIMBIC

EMOTIONAL TRAUMA

MUSCULAR

ACHES & PAINS



BODY SYSTEMS (CONT.)

NERVOUS

SHOCK AND PAIN RELIEF, TINNITUS AND EARACHE

RESPIRATORY

COUGH AND CONGESTION

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3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
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5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS