



Name	Latin Name	Origin
Angelica	Angelica Archangelica	France
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$49	
Part of plant	Safety note	Conservation Status
Root	Angelica root is phototoxic. The maximum dermal use to avoid phototoxicity is 0.8%.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<p>Angelica archangelica is a tall, sturdy biennial or perennial herb attached to a large rhizome (root system). The color of this particular oil is pale-yellow to orange-brown and has an herbaceous smell of black pepper, parsley, and dill, with a sweet floral, fruity finish.</p> <ul style="list-style-type: none"> • Monoterpene rich 	<ul style="list-style-type: none"> • Analgesic • Antimicrobial • Anticancer • Anti-tumor • Antibacterial • Antifungal (candida) • Antioxidant • Antispasmodic • Antiviral • Anxiety relieving • Expectorant • Immunostimulant • Mucolytic • Warming • Promotes a healthy digestion system • Promotes a healthy bodily fluid balance • Helpful in managing pain and inflammation and muscle spasms • Used to support deep, restful sleep • Emotionally grounding and strengthening. Said to help with perseverance, determination and inner strength

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy α-Pinene, β-pinene (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antispasmodic, antiviral, anxiolytic, chondroprotective, gastroprotective, sleep enhancement)</p>	

Primary essential oil synergy combinations
Cistus, cypress, dwarf pine, mastic, myrtle, Scots pine, white spruce .

Secondary essential oil synergy combinations
Bay laurel, black pepper, black spruce, eucalyptus blue gum, carrot seed, combava peel, fragonia, frankincense, galbanum, ginger, hemlock, juniperberry, labdanum, rosemary ct bornyl acetate..

2nd component synergy
α-Phellandrene, β-3-carene, sabinene, α-terpinene, d-limonene, para-cymene (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antioxidant, anxiolytic, mucolytic, stimulant of autophagy, vasorelaxant).

Primary essential oil synergy combinations
Elemi, frankincense, lodgepole pine, Szechuan pepper, whitebark pine.

Secondary essential oil synergy combinations
Bay laurel, black pepper, black spruce, blackcurrant bud, cistus, coriander seed, dwarf pine, fennel, ginger, goldenrod, hemlock, juniperberry, labdanum, lime, mandarin and mandarin petitgrain, nutmeg, plai, ravensara (aromatic ravensara), ravintsara, rosemary ct myrcene, sweet marjoram, thyme, turmeric, yarrow, yuzu .

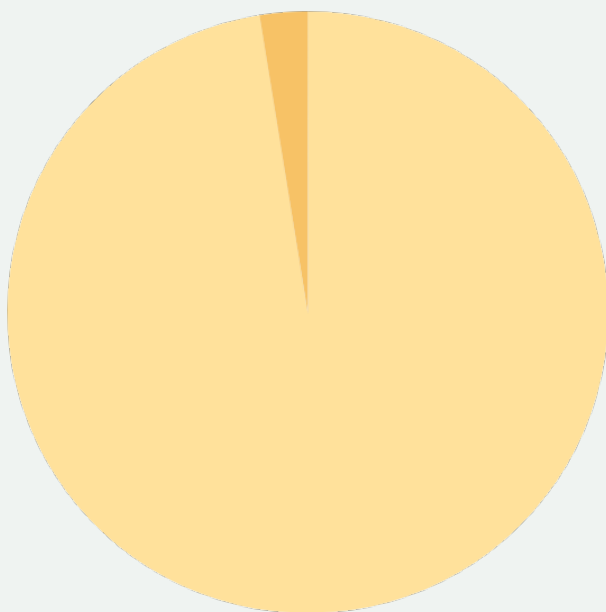
Potential psychological therapeutic solutions
Anxiety with fatigue: bergamot, black pepper, black spruce, combava peel, galbanum, hemlock, mandarin petitgrain, palmarosa, rose, Siberian fir, white spruce
Sleep enhancement: dwarf pine, frankincense, mandarin, Scots pine, sweet marjoram .

Potential physical therapeutic solutions
Dysmenorrhea: fennel, juniperberry, nutmeg, plai, rose essential oil, rosemary ct myrcene
Musculoskeletal pain and inflammation: balsam copaiba, bay laurel, black pepper, black spruce, coriander seed, frankincense, galbanum, goldenrod, juniperberry, nutmeg, rosemary ct myrcene, Scots pine, sweet marjoram, turmeric, whitebark pine
Respiratory congestion: black spruce, dwarf pine, eucalyptus blue gum, fennel, fragonia, frankincense, galbanum, goldenrod, hemlock, myrtle, plai, ravintsara, rosemary ct bornyl acetate, Scots pine, Siberian fir, sweet marjoram, thyme, whitebark pine

References
Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings	
Middle	Meditative	3 Circulatory/Lymphatic	2

Ingredient notes



Chemical families

monoterpenes	94.95%
sesquiterpenes	2.498%

Complete chemical breakdown

monoterpenes

b-phellandrene	76.7%
myrcene	8.6%
α -pinene	6.7%
trans-ocimene	1%
sabinene	0.6%
d-pinene	0.55%
cis-b-ocimene	0.4%
camphene	0.3%
(z)-b-ocimene	0.1%

sesquiterpenes

caryophyllene	2.2798%
calarene	0.2182%