



Name	Latin Name	Origin
Helichrysum Italicum	Helichrysum Italicum	Croatia
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$145	
Part of plant	Safety note	Conservation Status
Flowers	Non-toxic, non-irritating. Thought to be most useful at low doses. Avoid helichrysum on a puncture wound until it has healed.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Sesquiterpene and monoterphenol rich 	<ul style="list-style-type: none"> • Analgesic • Antifungal • Anti-allergenic • Anti-inflammatory • Antibacterial • Antidepressant • Antihaematoma • Antispasmodic • Skin cell regenerative • An impressive oil for wound and injury healing, and cell regenerative properties. • Helichrysum italicum is known for its ability to disperse bruises and help reduce scarring. • It is also used for headaches that stem from liver toxicity. • It may help severe coughs, breathlessness, cramps, convulsions, and severe abdominal pains. • This oil is effective against bacteria and fungus growth that can cause rashes, infections, and delayed wound healing. • Said to be a liver stimulator and detoxifier, purifying the blood. Great for allergies. • Emotionally and energetically, helichrysum italicum essential oil is healing and balancing. This essential oil can help resolve new emotional trauma, and help heal old emotional wounds.

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 Neryl acetate (no known actions).</p>	

1st essential oil synergy combinations
fenugreek, melissa, neroli, orange blossom absolute,
petitgrain bigarade.

2nd essential oil synergy combinations
bergamot, lemon.

2nd component synergy

β-Curcumene, β-pinene, d-limonene, ar-curcumene,
italidiones, l-linalool, nerol (analgesic, antibacterial,
antifungal, antihæmatomal, anti-inflammatory, an-
tinociceptive, antispasmodic, antitumoral, anxiolytic,
gastroprotective, immunostimulant, insect repellent,
larvicidal, sleep enhancement, vasorelaxant, wound
healing) .

1st essential oil synergy combinations
ginger.

2nd essential oil synergy combinations
cypress, dwarf pine, juniperberry, lavender, rosewood,
silver fir, stone pine .

Potential psychological therapeutic solutions

*Stress, agitation: lavender, melissa, neroli, Roman
chamomile, rose, rosewood.

Potential physical therapeutic solutions

Musculoskeletal pain, inflammation, trauma, arthri-
tis: dwarf pine, fenugreek, geranium, ginger, hops, ju-
niperberry, lavender, nutmeg, plai, silver fir, stone pine,
sweet marjoram

Skin inflammation, damage, healing: balsam copai-
ba, bergamot, blackcurrant bud, chamomile Ger-
man, cypress, E. staigeriana, galbanum, German
chamomile, juniperberry, lavender, lavender spike,
marjoram sweet, myrrh, patchouli, poplar bud, rose,
sandalwood, spike lavender, sweet marjoram

*Respiratory support: dwarf pine, fenugreek, hemlock,
lavender, lemon, rhododendron, silver fir, stone 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	Balancing	2	Circulatory/Lymphatic 1
	Sensual	2	Muscular/Skeletal 2
			Skin 3

Ingredient notes

LabAroma.

Chemical families

sesquiterpenes	47.08%
monoterpenes	33.89%
esters	9.15%
ketones	5.83%
monoterpenols	1.62%
sesquiterpenols	1%
oxides	0.25%
aldehydes	0.21%

Complete chemical breakdown

sesquiterpenes

γ -curcumene	11.04%
β -caryophyllene	5.82%
humulene	5.31%
italicene	5.06%
β -selinene	3.82%
α -selinene	2.22%
α -curcumene	2.15%
α -copanene	1.9%
α -cis-bergamotene	1.77%
α -trans-bergamotene	1.46%
isoitalicene	1.43%
γ -selinene	1.34%
d-cadinene	0.67%
β -curcumene	0.49%
curcumene	0.39%
α -humulene	0.34%

monoterpenes

α -pinene	26.99%
d-limonene	3.95%
α -fenchene	0.61%
β -pinene	0.57%
γ -terpinene	0.5%
camphene	0.29%
β -phellandrene	0.24%
α -terpinene	0.23%
terpinolene	0.22%
p-cymene	0.21%
β -myrcene	0.08%

(z)-b-farnesene	0.34%
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ylangene	0.3%
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unidentified sesquiterpene	0.29%
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y-cadinene	0.28%
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(e)-b-farnesene	0.24%
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α -muurolene	0.19%
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zonarene	0.12%
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farnesene	0.11%
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esters

neryl acetate	5.12%
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neryl propionate	1.05%
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isoamyl angelate	0.91%
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unidentified acetate	0.72%
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alkyl angelate	0.57%
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isobutyl angelate	0.3%
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neryl valerate	0.23%
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neryl caproate	0.14%
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neryl methylvalerate	0.11%
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monoterpenols

nerol	0.77%
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linalool	0.56%
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terpinen-4-ol	0.16%
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α -terpineol	0.13%
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oxides

1,8 cineole	0.25%
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ketones

italidione i mw=210	2.79%
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italidione ii mw=224	0.89%
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3,5 dimethyloctane-4,6-dione	0.86%
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italidione iii mw=238	0.81%
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2-decanone	0.35%
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italidione	0.13%
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sesquiterpenols

unidentified sesquiterpenol	0.7%
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viridiflorol	0.3%
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aldehydes

nonanal	0.11%
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geranial	0.1%
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