

# HELICHRYSUM

*Helichrysum italicum 5 mL*

*Herbaceous, honey, hay*

*Aromatic description*

## PRIMARY BENEFITS

- Rejuvenate and revitalise. Apply Helichrysum to your face to promote a glowing complexion.
- Soothe and revive. Take time out to re-centre yourself by massaging soothing Helichrysum essential oil into your temples or the back of your neck.
- Awaken your youthful spirit. Uplift and enliven your home or work environment by diffusing Helichrysum.

## PRODUCT DESCRIPTION

Helichrysum italicum is a small perennial herb with narrow, silver leaves and flowers that form a cluster of golden yellow, ball-shaped blossoms. The name "Helichrysum" is derived from the Greek "helios" which means sun and "chrysos" meaning gold, referring to the colour of the flowers.

Helichrysum has been used in herbal health practices since ancient Greece, and the oil is highly valued and sought after for its many qualities. Helichrysum is best known for its ability to revitalise the appearance of skin.

Helichrysum essential oil can help promote skin health and a healthy-looking complexion.

## USES

- Apply topically to promote skin health.
- Apply to the face to promote a glowing, healthy looking complexion.
- Massage into the temples and the back of the neck for a soothing sensation.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

### PLANT PART:

Flower

### EXTRACTION METHOD:

Steam distillation

### MAIN CHEMICAL COMPONENTS:

Neryl acetate, alpha pinene,  $\gamma$ -curcumene



Certified Pure Tested Grade

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