

Helichrysum

Helichrysum italicum 5 mL

dōTERRA®

Product Information Page (UAE)



Application: T

Ingredients: *Helichrysum italicum* (Helichrysum) Oil

Aromatic Description: Herbaceous, honey, hay

Helichrysum | Essential Oil 5 mL

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Primary Benefits

- + Improves appearance of the skin

Description

Helichrysum 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" meaning sun and "chrysos" meaning gold, referring to the color 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 health benefits. Preclinical studies suggest that Helichrysum may support and protect the skin, and reduce the appearance of wrinkles and blemishes, but additional confirming clinical research is needed. Also referred to as the Everlasting or Immortal Flower, Helichrysum is used in anti-aging products for its rejuvenating benefits to the skin.

Uses

- + Apply topically to reduce the appearance of blemishes.
- + Add to skin care routine to reduce the appearance of wrinkles and to promote a glowing, youthful complexion.
- + Massage into the temples and the back of the neck for a soothing sensation.

Directions

Topical: Apply to desired area. For targeted skin application, mix 1-2 drops with ~10 drops carrier oil. For perfuming, apply 1-2 drops to ~5 drops carrier oil.

Cautions

Possible skin sensitivity. Keep out of reach of children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears, and sensitive areas.