

Helichrysum (NHP)

Helichrysum italicum 5 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, honey, hay

Main Chemical Composition: Neryl acetate, alpha pinene, γ -curcumene

Helichrysum (NHP) | *Helichrysum italicum* 5 mL

30412113

Primary Benefits

- + Provides a relaxing, floral aroma
- + Serves as a natural skin moisturizer
- + Promotes a healthy-looking, radiant complexion
- + Reduces the appearance of skin imperfections

Description

Praised for its skin-rejuvenating benefits, Helichrysum oil promotes a youthful, glowing complexion and has been used historically in herbal practices for its many benefits.

NPN# 80060963

Uses

Cosmetic

- + Massage into temples and back of neck for a unique sensation.
- + Combine with Fractionated Coconut Oil and apply for a cooling effect.
- + Add to daily facial routine to promote a glowing, youthful complexion.
- + Use in conjunction with a full body massage to promote vitality and energy.
- + Improve the appearance of skin imperfections by directly applying one drop to area.

Therapeutic

- + Used in aromatherapy as a nervine and calmative
- + Used in aromatherapy to help relieve colds and cough
- + Used in aromatherapy for symptomatic relief of acne and boils
- + Used in aromatherapy for symptomatic relief of eczema and dermatitis
- + Used in aromatherapy to relieve minor skin irritation, cuts, bruises and burns
- + Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort
- + Used in aromatherapy to help relieve joint and muscle pain associated with sprain, strain, and rheumatoid arthritis

Household

- + Diffuse for an energizing aroma that helps reduce feelings of mental fatigue.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin