

Helichrysum

Helichrysum italicum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T I N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, honey, hay

Main Chemical Components: Neryl acetate, alpha pinene, -curcumene

PRIMARY BENEFITS

- Improves appearance of the skin

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” 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. Helichrysum is best known for its restorative properties to the skin. Also referred to as the Everlasting or Immortal Flower, Helichrysum is used in anti-aging products for its rejuvenating benefits to the skin. Helichrysum can help clear skin blemishes, and it promotes a glowing, youthful complexion.

USES

- Apply topically to help clear skin blemishes
- Apply to the face 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 FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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.

