

# Helichrysum

*Helichrysum italicum* 5 mL

dōTERRA®

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Flower

**Extraction Method:** Steam distillation

**Aromatic Description:** Herbaceous, honey, hay

**Main Chemical Composition:** Neryl acetate,  $\alpha$ -pinene,  $\gamma$ -curcumene

**Helichrysum** | *Helichrysum italicum* 5 mL

**30410001**

## Primary Benefits

- + Improves appearance of the skin
- + Provides uplifting aroma

## 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

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

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

**Internal use:** Dilute one drop in four fluid ounces of liquid.

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.