

Helichrysum – *Helichrysum angustifolia*

Code: T221 **Vol:** 2ML

Country of Origin: France

About the oil

Distilled From: Steam distillation from the 'everlasting' flowers.

It is also available as an absolute – Immortelle Absolute – which is commonly used as a fixative in perfumes and soaps. The absolute, however, is very viscous and needs to be diluted in order to pour.

Aroma & appearance: Pungent, rich natural scent.

Some beneficial ways of enjoying the oil:

- In aromatherapy, Helichrysum is a useful additive to all skincare preparations, especially for problem or mature skin. As an alternative moisturizer for problem skin, try 1 drop of Helichrysum, 1 drop of Roman Chamomile and 1 drop of Rose Absolute in 10ml of Jojoba – apply morning and night.
- Also try using 2 drops of Helichrysum in a diffuser or burner, in a massage blend or in the bath to lift the spirits and ease the mind after a hard day. Blends well with Chamomile, Rose, Lavender and Geranium.

Did you know?

As an herbal remedy, Helichrysum has been used in Europe for centuries to relieve respiratory conditions, headaches and skin problems.

Key Search words: Soothing, relaxing, balancing.
