



# Helichrysum

## *Helichrysum Italicum Essential Oil*

Known as the “Everlasting Oil”, Helichrysum is a wonderfully rejuvenating oil for the skin and has the ability to improve complexion as well as prevent signs of aging.

Size: 15ml

Size: 5ml

### APPLICATION METHODS:



Can be used topically



Can be used aromatically

## Primary Benefits

Improves the appearance of the skin, helps fight signs of aging, assist with muscle aches and pains, respiratory problems, and digestive system, may aid in promoting a healthy metabolism.

## Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

## Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

## Aromatic Description

Straw-like, honey, fruity

## Collection Method

Steam Distillation

## Plant Part

Flower

## Main Constituents

Neryl acetate, alpha pinene,  $\gamma$ -curcumene

## Description

Since its use in ancient Greece, Helichrysum has been used in herbal health practices. It was highly sought after because of its many health benefits and is best known for its restorative properties to the skin. Helichrysum is helpful for circulatory disorders and can relieve the pain of rheumatism and arthritis. Also known as the “Everlasting Oil”, Helichrysum is used in many anti-aging products for its regenerating properties to the skin. Helichrysum can assist in the healing of scars, acne, dermatitis, stretch marks, boils and abscesses.

## Uses

- Add to bath to help with muscle aches and pains, respiratory problems and aid the digestive system
- Add to Spark Naturals Carrier Oil to massage achy muscles
- Apply topically to reduce the appearance of blemishes
- Apply to the face to reduce the appearance of fine lines, wrinkles and to assist in promoting a glowing, youthful complexion
- Add to a base cream to help fight dermatitis, acne and healing of scars

## Properties

Anti Catarrhal, Anti-Oxidant, Mulcolytic, Antiviral, Antispasmodic, Mucolytic and Anticoagulant

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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