

YlangYlang

We at Meraki Essentials call YlangYlang the "Love Potion" as it is known for its voluptuous and exotic fragrance which is said to release inhibition and bring out passion!

The Essential Oil of YlangYlang has a very soothing, euphoric and exotic aroma, believed to balance male & female energies, helping to bring in a state of harmony.

Believed to be beneficial in high blood pressure, normalizing serum secretion for skin problems, YlangYlang helps women as well in finding their inner femininity, confidence and sensuality.

Known for its calming, uplifting, peaceful effects, YlangYlang helps release negative emotions like anger, possessiveness, low self-esteem, and nourishes the positive emotions - confidence, spiritual awareness.

Diffusion may help in: Uplifting effect on mood, inducing feelings of joy & hope * Managing anxiety, sadness & chronic stress * Managing acute depression after a shock or an accident, nervous breakdown * Counteracting anger when meditating * Self expression of repressed inner feelings * Relief from insomnia & Chronic fatigue

Massage with Carrier Oils may help in: Skin irritation & inflammation * Hair thickening * Increasing blood circulation * Managing body's response to stress, calms heart beat * Promoting healthy intestinal function

Additional: Ylang Ylang Essential Oil with Geranium & Frankincense Essential Oil added to a carrier oil makes a very good anti-aging serum.



How to use Essential Oils?

It is important for a user of Essential Oils to acquire knowledge before using them so as to be able to use them safely and to get desired results. There is plethora of information available on each essential oil, its benefits, and usage, in books and on the internet.

Informed use of essential oils can derive immense benefits to mind, soul & body.

In general, essential oils are used as under:

- * Blend 20 - 30 drops of an essential oil with 50 ml of carrier oil & massage gently on skin and hair.
- * Add a few drops to bath water to reap benefits.
- * Use 4-5 drops of essential oil in water, diffuse & witness wonderful fragrances that bring delight to the mind & soul.

Be careful not to use higher quantities

Precautions: Avoid during pregnancy * Use sparingly * Do not use undiluted on skin * Patch test recommended before use * May cause allergy to sensitive persons in which case discontinue use immediately * Avoid contact with eyes & mouth * Essentials oils are flammable * Store in a cool & dry place, away from sunlight * Keep out of reach of children * Use within three months of opening the bottle * For external use only * Not for ingestion

www.merakiessentials.com

Be sure that you are buying high-quality pure essential oil.