HELICHRYSUM Essential Oil Helichrysum italicum

Used in aromatherapy

Experience Wellness in Body & Soul

• BODY: Can help to reduce the symptoms of acne or boils or relieve minor skin irritations, cuts, bruises and burns. Helichrysum helps relieve joint or muscle pain associated with sprains, strains and rheumatoid arthritis. Helps reduce the symptoms of a cold and cough. When experiencing digestive discomfort it can also act as a carminative and antispasmodic. Use to experience relief from eczema and dermatitis.

• SOUL: Acting as a nervine and calmative, Helichrysum enhances relaxation.

USAGES: Local application, body massage, topical application, sprays used for muscle pain/other topical use, bath, direct inhalation, steam inhalation, compresses

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