Helichrysum *(Helichrysum angustifolia)*

Mostly renowned for its use in rejuvenation of skin and muscle and for it's pain relieving properties when bruising or hematoma is present. Rarely used alone (it is expensive and doesn't really smell all that nice), Helichrysum is a wonderful addition to blends. Helichraum establishes a synergy when blended with other oils, which makes both Helichrysum and the other oil involved better than either one alone. Helichrysum can be used for blood cleansing, circulation, regulating cholesterol, detoxifies, stimulates liver function, regenerates tissue, reduces pain, relives respiratory conditions, skin conditions, phlebitis, gallbladder infection, hematoma (swelling or tumor full of diffused blood), lymph drainage, acute pain, pancreas, stimulant, scar tissue, sciatica, sinus infection, stomach cramps, sunscreen, viral colitis, varicose veins, arthritis, general tonic

Ingredient In: LeDeeper, LeEverlasting, LeExhilaration, LeMy-graine, LePaine, LeRevitalize, LeTrust, LeTurmoil, Leitality

Therapeutic Properties: Anti-spasmodic, analgesic, expectorant, anticoagulant, hepatic, anti-inflammatory, stimulant

Application: Apply to the appropriate areas of the feet, areas of concern

Aromatic: Uplifting, calming

Contra-indications: Avoid during pregnancy and with small children

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