QUICK REFERENCE SHEET

GALBANUM

Ferula galbaniflua syn Ferula fummosa

Plant Family: Umbelliferae

Extraction Method: Steam Distilled

Part Utilized: Leaves, Wood

Region of Origin:

Turkey

AFFINITY FOR:

nerves, circulation, cellular strength and structure

THERAPEUTIC PROPERTIES:

anti-infective, analgesic, lightly antispasmodic, anti-inflammatory, stimulant, diuretic and kidney support, expectorant in chronic bronchitis and asthma

AROMATIC CONSIDERATIONS:

Galbanum is especially nice when combined with Frankincense or Sandalwood. It is so calming that it is useful for any type of anxiety or hysteria.

APPLICATION:

Galbanum is often combined with Myrrh for use in the tub and as a massage oil to tone skin and remove wrinkles.

INGREDIENT IN:

LeLife Force, LeWoodland Path

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Galbanum essential oil was used by most ancient civilizations as an incense and is recognized as an oil for nervous tension. Galbanum soothes the soul, bringing calmness and a sense of peace with the way things are.

PHYSICAL ASPECTS:

Galbanum is an oil that strengthens and supports the entire system. It is useful for treating skin disorders, muscle aches, and inflamed wounds. It is also useful for circulation problems and arthritis.

GENERAL INFORMATION:

Galbanum adapts itself to the body chemistry of the user more than most essential oils do, even as part of a blend. Galbanum is a low frequency essential oil, but when combined with Frankincense or Sandalwood, the frequency of the blend is much higher than the components lead one to expect. In spite of having a low frequency, it acts as a top note (one of the last added) in most blend recipes.

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