QUICK REFERENCE SHEET

HELICHRYSUM ITALICUM

Helichrysum italicum

Plant Family: Compositae

Extraction Method: Steam Distilled

Part Utilized: Flowers

Region of Origin:

Greece

INGREDIENT IN:

LeIntensity, LeTrust, LeVitality

AFFINITY FOR:

cardiovascular system, respiratory system, endocrine system, muscles, liver, skin, joints, bones, right side of the brain, throat chakra, gallbladder meridian

THERAPEUTIC PROPERTIES:

antispasmodic, analgesic, expectorant, anticoagulant, hepatic, anti-inflammatory, stimulant, antibacterial, antiviral, antifungal, hemostatic

AROMATIC CONSIDERATIONS:

When there are emotional blockages or repetitive behavior patterns as the result of abuse or trauma, Helichrysum can help us discover and remove them. Once these blockages have been removed, we can move on with our lives.

APPLICATION:

Dilute and apply to appropriate areas such as the feet, the chest, or behind the ears.

CAUTIONS:

Helichrysum should be used with caution if pregnant. It should also be used cautiously with small children.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Helichrysum has an affinity for the creative right side of the brain, which our culture and schooling often push into the background. Because Helichrysum stimulates this side of the brain, we are able to view our world and make our choices from a more balanced perspective.

Helichrysum is often used in emotional healing. It helps us get in touch with unresolved emotions and gently restores memories that have been deeply buried in the subconscious mind. Helichrysum helps release defense mechanisms and offers comfort while we are processing difficult emotions. Helichrysum promotes a calm acceptance of the changes within ourselves that may result from the processing of emotions and memories. It also helps supply the needed self-confidence to make hard decisions.

PHYSICAL ASPECTS:

Helichrysum is renowned for its use in rejuvenation of skin and muscle. It drains congestion and reestablishes blood flow to traumatized areas, helping bruises and hematomas to disperse more quickly. Helichrysum regenerates damaged tissue and can help prevent scarring at the site of an injury. Helichrysum is recommended for lowering cholesterol. Helichrysum is anti-inflammatory and analgesic, making it excellent for sciatica and arthritis.

Helichrysum is an excellent oil for respiratory conditions and for lymph drainage. It is stimulating to the liver, pancreas, gallbladder, and vascular system. Helichrysum, diluted with a carrier oil, has been used in many cultures as a sunscreen.

GENERAL INFORMATION:

Helichrysum (Immortelle) is a very delicate, yet hardy in its own way, plant. There is often a great deal of difference in aroma and therapeutic properties from one year to the next. Differences can even occur from one distillation to the next, even in the same growing season. Growing conditions, such as the amount of rain, can have a tremendous impact on the delicate Helichrysum blossoms.

The better the growing conditions, the higher the quality of the Helichrysum oil will be. The higher the quality, the more mellow and pleasant the aroma will be. The price will always reflect this. The lower priced (more pungent) Helichrysum essential oils are often very therapeutic and more practical for use in situations where a lot of the oil will be needed. For this reason, many essential oil companies provide more than one Helichrysum oil at widely divergent prices.

There is a lot of confusion about the Helichrysum species. Many distributors claim that Helichrysum Angustifolia and Helichrysum Italicum are the same plant. They are certainly quite similar. As stated previously, the difference in quality of these two species of Helichrysum seems to be in the growing conditions of each year's crop. There are many other species of Helichrysum besides Italicum and Angustifolia. Each one has unique advantages, however, none of them are as therapeutic as these two.

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