

QUICK REFERENCE SHEET

YLANG II

Cananga odorata



Plant Family:
Annonaceae



Extraction Method:
Steam Distilled



Part Utilized:
Flowers



Region of
Origin:
India

AFFINITY FOR:

adrenals and thymus, nerves, heart chakra, yin energy

THERAPEUTIC PROPERTIES:

sedative, antiseptic, aphrodisiac, nervine, antidepressant, calmative

AROMATIC CONSIDERATIONS:

Ylang Ylang can bring back feelings of confidence, joy, and peace.

APPLICATION:

Excellent oil for diffusing. Diluted, it can be worn anywhere on the body.

INGREDIENT IN:

LeBalance, LeCandila, LeGoodNite, LeGrateful Heart, LeKadence, LeKey To My Heart, LeKindred Spirit, LeMoonlight, LeReconciliation, LeRefreshMint, LeSanctuary, LeVitality, LeWhispering Hope

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The aromatic focus of Ylang Ylang is spirituality. It fosters a desire in our souls for deeper and more meaningful communication with heaven. As we develop the emotional, caring, nurturing, intuitive, spiritual side of our natures, many things shift for us. We find that we are able to block or filter the negativity and “garbage” around us. We are better able to focus our thoughts and our drive.

One of the behaviors that signals a need for Ylang Ylang is throwing temper tantrums that, if we are honest with ourselves, have the underlying intent of getting us our own way. Another indication for Ylang Ylang is sudden loss of interest in work, personal appearance, and even in family members and friends. Ylang Ylang may also be helpful for insecurity, low self-esteem, anger, rage, and dare-devil tendencies.

PHYSICAL ASPECTS:

Ylang Ylang balances the male-female energies and hormones in the body by stimulating the adrenals and thymus glands. This can balance sexual energy and bring joy, harmony, and passion to relationships. The hormonal support properties of Ylang Ylang make it useful for the symptoms of PMS and many other hormone related complaints. Ylang Ylang is a uterine tonic. Dilute and apply to the abdomen for this function.

As Ylang Ylang's hormonal properties work in conjunction with its nervine properties, Ylang Ylang becomes exceptionally effective for depression, irritability, anxiety, rapid breathing, heart palpitations, high blood pressure, hypertension, nervous tension, physical and mental exhaustion, nervousness, and insomnia. Ylang Ylang is also excellent for routine skin care, more serious skin problems, and hair loss. Ylang Ylang is also used to regulate circulation, fight intestinal infections, and alleviate constipation.

GENERAL INFORMATION:

The distillation of the delicate flowers of Ylang Ylang is a complex process. The product that is extracted two hours after the distillation process begins is referred to in the industry as the “extra.” This distillation is extremely heady, potent, and overly-sweet, and is not used in aromatherapy applications but is used by the perfume industry because a little goes a long way and the aroma remains stable longer.

Ylang Ylang is distilled in batches by time. As the process continues the oil changes as different components are distilled off. Some distillers separate as many as 5 or 6 batches and the resulting products are referred to as ylang one, two, three, and so on.

In aromatherapy, Ylang II is the more commonly used Ylang. Ylang complete is a reblending of all the batches. It is generally more expensive and is not used by some aromatherapists. Most of the desirable components are found in Ylang II. Ylang Complete is becoming more popular as people realize there are some benefits to the various distillations combined. I use both, and blend with both. Sometimes one is preferred over the other for various—or even unknown—reasons.