Helichrysum

Helichrysum has an affinity for the creative right side of the brain making it possible for us to view our world and make our choices from a more balanced perspective. It also helps supply the needed self-confidence to make hard decisions. Helichrysum is renowned for its use in rejuvenation of skin and muscle. As helichrysum regenerates damaged tissue it can help prevent scarring at the site of an injury. Helichrysum is anti-inflammatory making it excellent for sciatica and arthritis.

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