

Helichrysum EO (not absolute)

Emotions	calming
Uses	abscess-external/dry, acne , allergies , arthritis , arthritis-rheumatoid , arthritis-pain , asthma, back pain , bed sores, boils, bowel disorder-w/discomfort , bowel disorder-w/pain , bronchitis , bronchitis-w/congestion, bruising , bumps , burns (mild) , chilblains-itching/burning, chilblains-swelling, circulatory problems, cold/flu , colon infection , cough, cough-cronic, cough-spasmodic, cuts, debility, depression, dermatitis , detoxification , eczema, fever, gout/podagra, infection , inflammation , insect bites/stings, joints-painful, joints-strained, joints-swollen, lethargy, lymphatic stimulant , menstrual pain/ dysmenorrhea, mumps, muscle-ache, muscle-cramp , muscle-numbness, muscle-pain , muscle-spasm, muscle-sprain, nervous exhaustion, neuralgia, pain relief , scarring , sciatica, skin-chapped , skin-dry , skin-inflamed , skin-irritated , stretch marks , tissue regeneration, tonic, whooping cough, wounds
Properties	analgesic, anti-allergenic, anticoagulant, antifungal , anti-inflammatory, antimicrobial, antiseptic , antispasmodic, antitussive, antiviral , astringent , cholagogue, cicatrising, cytophylactic, diuretic, expectorant, hepatic, nervine, stimulant, tonic
Constituents	alpha-Pinene, limonene, neryl acetate, beta-Caryophyllene, beta-Selinene, Caryophyllene oxide, alpha-Copaene, alpha-Selinene, gamma-Curcumene, Isoprenoid diketones, Bisabolane hydroxyketones, others.
Scent/Note/Viscosity	powerful, rich, fruity with honey with delicate tea like undertone; base Note; pale yellow to red; watery viscosity.
Best Mixed With	Bergamot, Black Pepper, Cedarwood, Chamomile G, Citrus Oils, Clary Sage, Chamomile, Clove, Cypress, Eucalyptus C, Frankincense, Geranium, Grapefruit, Juniper, Lavender, Lemon, Mandarin, Palmarosa, Pine, Rosemary, Tea Tree, Thyme Linalol , Ylang ylang (Basalm Peru, Labdanum, Mimosa, Naiouli, Oregano, Ravensara, Rose Maroc, Rose Otto, Sage, Vetiver)
Warning	Do not use on children under 12. Do not use if pregnant.

DISCLAIMER

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