

Helichrysum essential oil



100% pure, natural and complete essential oil coming from Italian certified organic farming

Quantity: 5 ml

Quality features : Natural flavoring for foods. It does not contain additives

Botanical name: *Helicrysum Italicum*

Country of origin: Italy

Plant Part: Flowers

Extraction method: steam distillation

Aromatic note: HEART-BASE, sour and woody smell

Nowadays it is one of the most expensive oils existing in the market due to its very low yield.

Benefits and uses: anti-inflammatory, antifungal, astringent, antihistamine, expectorant and antibacterial properties. Helychrisum flowering tops are used in phytotherapy to treat allergies affecting the airways and skin tissues. Current clinical studies have demonstrated helichrysum benefits in respiratory diseases thanks to the presence of essential oils, flavonoids and triterpenes, elipirone, sitosterol, caffeic acid. Helichrysum supports the elimination of bronchial catarrh, mitigates excessive asthma spasms and allergic inflammations of the nasal mucosa.

For internal use the plant is used in to treat rhinitis, conjunctivitis and allergic blepharitis, cough, acute and chronic bronchitis.

For local use (you need to dilute it in a basic vegetable oil before applying it to the skin) the plant is a specific remedy to soothe the skin in case of psoriasis, dermatitis, eczema, herpes of different kind, eczema, burns and sunburn, irritation of sensitive skin thanks to its decongestant and protective action. In addition helichrysum has anti edemigenous and analgesic properties as it has strong abilities to lower inflammation and pain, reduces dilated blood vessels, useful in case of hemorrhoids and arthritis. It is able to relieve skin cracking and rash and it can be used to prepare face serums and creams, especially suitable for mature, dry and damaged skin. It can be useful to prevent scars, wrinkles and stretch marks.

It is able to improve digestion, helps us to regulate blood pressure, supports the nervous system, relieves pain caused by arthritis and it is used to protect the body from infections caused by microbes.