

## Yarrow 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:** *Achillea millefolium*

**Country of origin:** *Italy*

**Plant Part:** *Flowers*

**Extraction method:** *steam distillation*

**Aromatic note:** *HEART, aromatic and slightly sour smell*

**Benefits and uses:** astringent, anti-inflammatory and hemostatic; it is able to stop different bleeding disorders caused by inflamed gums, heavy periods or hemorrhoids. In addition achilleine would be able to control the pressure

swings and restore normal blood circulation. Useful against venous diseases such as varicose veins and hemorrhoids.

Yarrow essential oil is used to deal with small skin problems, arthritis, cystitis, cramps and menopausal disorders. For internal use it is suitable for the treatment of hemorrhoids and many intestinal ulcerative forms such as those ones due to Crohn's disease.

It is well-known for its beneficial effects such as scar healing and tissues repairing. For that reason it is used for the treatment of skin lesions (sores, wounds, inflammations of skin or gums): 1 drop applied locally with cold water wrap.

In case of menstrual pain and irritable bowel it is able to relax smooth muscle and support liver function and digestion. In addition during premenstrual cycle whose symptoms such as irritability, mood swings, fatigue affect some women, the presence of Vitexin gives the plant the rebalancing action of the hormone system. Thanks to the presence of phytohormones it can be used orally to treat female disorders (1 drop diluted in a tablespoon of honey to be taken for 10-20 days) or for massages and for flavoring the environment.

Its use is contraindicated in pregnancy, breast-feeding and in patients receiving treatment with oral anticoagulants, heparin, antiplatelet and / or fibrinolytic.