



DIFFUSION



TOPICAL



STEAM



INGEST

DILUTION TABLES

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

PRODUCT DESCRIPTION

Helichrysum belongs to the sunflower family of flowers with a beautiful deep yellow appearance. The name has been derived from two Greek words: "helisso" (meaning to revolve around) and "chrysos" (meaning gold). It is quite good for promoting emotional well-being and to get rid of negative feelings. Many people also use this aromatic essential oil for detox.

Helichrysum essential oil helps to control and reverse the signs of aging. A number of skin-care products include Helichrysum essential oil because it helps to reduce scarring, sunburn, puffiness under the eyes, and acne. Helichrysum essential oil is also known as "everlasting oil" because the flowers of this plant retain their color, aroma and shape even when dried. Its strong, fruity and sweet fragrance makes Helichrysum a popular oil in aromatherapy.

PRIMARY BENEFITS AND SAMPLE USES

- » Mental calmness
- » Blood circulation
- » Respiratory symptoms
- » Aging signs like wrinkles and fine lines
- » Supports liver and nervous system
- » Soothes sore muscles

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the Purely diffuser.

Topical: Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Lavender, Bergamot, Tea Tree and Roman Chamomile

COUNTRY OF ORIGIN Croatia

EXTRACTION METHOD Steam distillation

SKU# 1044
retail: \$109

HELICHRYSUM

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



PURELY™

essentially conscious

visit
BEPURE.LY

LIVE PURELY