

Ylang -Ylang (Conanga odorata), Available in: 5 ml; 10 ml glass bottle

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Rating: Not Rated Yet

Price

£11.95

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Description

10 ml - £11.95

USDA Certified Organic essential oil.



One of the most important physical properties of Ylang Ylang is its ability to slow down over-rapid heartbeat and breathing, symptoms that may appear with shock, anxiety or fear. It is one of the oils that may help to reduce high blood pressure. Remove nervous tension, insomnia and calms the mind, dispels depression and a sense of euphoria, returns confidence. Like Jasmine and Rose, Ylang Ylang is an antidepressant, aphrodisiac, and a sedative

More information:

Botanical Name: Conanga odorata.

Common Name: Ylang –Ylang.

Family Name: Annonaceae.

Parts used: flower petals.

Aroma: fresh, floral, sweet, slightly fruity.

Colour: Clear with a yellow tinge.

Country of origin: Madagascar.

Method of Extraction: Steam Distillation.

Chemical Type: Ylang-ylang may consist of b-caryophyllene (Sesquiterpene), farnesene, methyl benzoate, benzyl acetate, linalool, geraniol, and pinene.

Properties: antidepressant, antiseptic, aphrodisiac, disinfectant, deodorizing, hypotensive, relaxing, scalp stimulant, sedative, tonic, immunostimulant.

Which conditions/system benefit from its use:

Skin: balances sebum production both for oily and dry skin; extractive effect on acne i.e. draws out the spot and infection (so it will get worse before getting better). Smooths reduce the depth of wrinkles. Increases skin elasticity and helps to lift the bust.

Strengthens nails, reducing their fragility and splitting, hair - shine and strength, removes dandruff, prevents hair shedding.

Circulatory: slows over-rapid breathing (hyperpnoea) and heartbeat (tachycardia); palpitations, reduces high blood pressure, relieves headaches and migraines.

Respiratory: helps with colds.

Nervous: antidepressant creates feelings of joy, calms the central nervous system. Ylang ylang is also an aphrodisiac and sedative. It is important to note that too much of this oil can cause nausea, and/or headaches.

Endocrine: regulates the flow of adrenaline and thus slows its effects reducing stress, anger, frustration, panic, fear, and shock, balances hormones. Relieves sleep disturbances in PMS.

Reproductive: tonic for womb; impotence, frigidity, increasing sexual longevity.

Blends well with [Bergamot](#), [Lavender](#), [Lemon](#), Neroli, Palmarosa, [Sandalwood](#) and [Vetiver](#) essential oils.

Applications

Aromatic lamp: aphrodisiac, sedative, antidepressant, deodorizing 5-6 drops of Ylang-Ylang.

Aroma pendant: to lower blood pressure, depression, deodorizing, passion for broadcasting - 1-2 drops of Ylang-Ylang.

Massage: anti-wrinkle, lifting the bust - 8 drops of Ylang-Ylang in 25 ml base oil (Almond, Wheat germ, Grapeseed, Avocado, Jojoba).

Bath: increases sexual desire, calm - for a full body bath up to 6 drops and 1-2 drops for a footbath.

Nail Care: 2-3 drops of oil rubbed on the nails and skin around the nails with light massage movements, the procedure is repeated 2-3 times daily, for healthy, shiny nails.

Cosmetics use: As a general rule for creams, shampoos, gels, etc use 1 or 2 drops per 5ml.

Combing hair: for strength and shine – 2-3 drops.

Burners: Use 2 drops in the burner.

Aroma Spray: aphrodisiac, euphoric, warming, deodorizing – 15-20 drops of Ylang-Ylang in 200ml water, shake the bottle and spray the room.

Precautions

Ylang-Ylang has a very heady perfume and can cause headaches and nausea. It should, therefore, be used in moderation. Contraindicated for people with individual intolerance to ylang-ylang.

But remember...

Ylang ylang has a euphoric effect, promoting positive emotions in the user and is calming and sedating in times of stress.

Important Note:

Any reference to a disease or condition name does not indicate treatment for this disease or condition. Essential oils are without therapeutic indications. The information provided is for educational purposes only.

Reviews

There are yet no reviews for this product.