



## **Organic Bosnian Helichrysum Italicum Essential Oil.**

### **An H.E to always have at hand.**

Our organically grown Helichrysum from Croatia is a stunningly beautiful therapeutic essential oil that makes an excellent addition to skin care formulas ; its aroma is rich, pungent, warm, sweet herbaceous, and very diffusive, with honey and tea-like, earthy undertones and possesses outstanding tenacity.

Helichrysum italicum means 'golden sun of Italy'<sup>1</sup> and is evocative of the striking habitat of this plant in its bright maize-colored meadows. Immortelle is French for 'immortal' or 'everlasting' (two quite common names for Helichrysum) and refers to the straw-like flowers that appear living after they are dried - in a bright yellow color as if frozen in time. It is a plant that can grow in even the most depleted soils and under very harsh conditions, provided there is abundant sunshine.<sup>2</sup> This plant is part of the Asteraceae (daisy) family and is often called the 'curry plant' due to the unusual and pungent odor of the leaves. It is also the source of Immortelle Absolute – an important fragrance material in natural perfumery.

Helichrysum is an extremely versatile oil that is sometimes called the 'super arnica' of aromatherapy<sup>3</sup> - a highly desirable attribute that makes it a most important inclusion in natural therapy first aid kits. It has a rich spectrum of pharmacologically active compounds ; aromatherapy literature is filled with numerous anecdotal cases of its successful use in skin care as well as its profound effects on damaged tissue. But because it is only within the last 20 years that Helichrysum has been distilled and in the last 10 years more widely distributed, it is very late to appear in the aromatherapists' arsenal ; thus, until recently, the amount of scientific research on this oil has been very slim. What is known is that Helichrysum contains the highest known percentage of beta-diketones of any essential oil. Diketones, found only in Helichrysum italicum, are

highly regarded as important constituents responsible in part for Helichrysum's reputation for its many superlative skin care benefits.<sup>4</sup>

Although it is considered a very safe oil, Helichrysum is best used highly diluted in skin care formulas - for aging/mature, oily, sensitive and compromised skin in particular<sup>5</sup> - as well as in other therapeutic blends. It is important to note that it is most active when used in a synergistic blend with other essential oils.

## **Sun in dried flowers:**

If the Italian Helichrysum flowers all year round, the harvest is done only once a year: during the months of June and July. This is easily explained because the plant does not develop the same components according to the periods of the year. We must choose the sunniest time. The yield is one of the lowest. The flowers are picked by hand only : 1 ton to produce 1 kg of essential oil! Which explains the rarity of this essential oil of exception so precious. The flowers have an incredible ability not to wilt even after picking. I deal against the problems of blood circulation, Helichrysum essential oil also heals the "blue of the soul", small depressions and others ... Its rarity explains that the harvests are fiercely regulated to better protect the exploitation of its shrubs of about thirty centimeters in height.

## **Did you know ?**

Guerlain was the official supplier of Napoleon's perfumes. We understand why several fragrances of the brand contain the essential oil of Helichrysum Italian ...

## Technical characteristics

### Physical characteristics :

A good Italian Helichrysum essential oil must have the following physical characteristics :

- Density at 20 ° C: 0.880 to 0.920
- Refractive index at 20 ° C: 1.460 to 1.475
- Rotatory power at 20 ° C: -20 ° to + 10 °
- Flash point: + 50 ° C



### Organoleptic characteristics :

What does a good Italian Helichrysum essential oil look like ?

- **Appearance:** limpid mobile liquid;
- **Color:** very pale green yellow to orange or green depending on the nature of the still and the floral stage;
- **Smell:** fresh, aromatic, spicy, more or less terpenic, depending on the region of origin and the nature of the crop.



## Biochemical characteristics of our Italian Helichrysum

**Process for obtaining :** Complete distillation by steam distillation.

**Part of the plant extracted :** flowering summits



**Botanical name** : Helichrysum italicum ssp italicum

**Botanical family** : Asteraceae

**Quality** : Botanically and Biochemically Defined Essential Oil (HEBBD)

- **100% pure** (free of other essential oils close)
- **100% natural** (undenatured with synthetic molecules)
- **100% integral** (not discolored, not deterpenated, not rectified ...)

**Food quality.**

**Country of origin** : Bosnia and Herzegovina

**Culture** : Organic planting and hand picking.

**Other name** : Everlasting flower

**French name** : Immortelle

**Forms and preparations** : creams, essential oils, herbal teas, infusions, lotions, inhalations, fumigation...

Component :	Properties :	Toxicity :	% :
<b>Oxydes :</b>			
1,8 cinéole	-Expectorante	Epileptogen at high dose.	0,3649
Caryophyllène époxyde	-Anti-virus -Immuno stimulating -Stimulating exocrine glands		
<b>Monoterpènes :</b>			
Limonène	<b>Digestive and renal</b> <b>-Anti-infectious</b> <b>Percutaneous analgesic</b> <b>-Hormon-like effect</b> <b>-Lymphotonic and decongestant</b>	Risk of allergy.	3,3648
P-cymène			0,2008
<b>a/b-pinène</b>			<b>29,7567</b>
a-fenchene			0,3705
Camphene			0,1290
y-terpinène			0,2756
Sabinène			
a-thuyène			
Terpinolène			
<b>Sesquiterpènes :</b>			
Italicène	<b>- Anti-inflammatory</b> <b>-Hypo-allergenic</b> <b>Calming, slightly hypotensive</b>	Dermocaustique	3,7063
<b>Y-Curcumène</b>		Et	<b>16,7491</b>
(a-cis/tr)bergamotène		Néphrotoxiques	1,7237
a-humulène		Possible	0,2977
Bicyclogermacrene			

δ/b/e-cadinène			1,2248
b-caryophyllène			5,1005
a/b/y-muuroolène			
b-bisabolène			
a/b/y-selinène	<b>Anti-cancer activity</b>		<b>13,0504</b>
Aromadendren			

<b>Component :</b>	<b>Properties :</b>	<b>Toxicity :</b>	<b>% :</b>
<b>Esters</b>			
Acétate de néryle	- Anti-inflammatory	Very weak	4,9971
Propionate de néryle	- Hypotensive spasmolytic		0,7170
<b>Cétones :</b>			
<b>Italidione mt=170</b>		Neurological (stimulating	<b>1,0602</b>
<b>Italidione Mt=184 Mt=210</b>	- Anti-hematoma - Anti-infective - Anti-parasite	Low dose, amazing at high dose) abortion	<b>2,6415</b>
<b>Italidione Mt=224</b>	- Regenerating and healing of cutaneous tissue - Choleric cholagogue	Chronicle: insufficiency Hepatorenal, gastric hemorrhage	<b>1,2325</b>
<b>3,5 di/octane 4,6 – dione</b>	Mucolytic and lipolytic		<b>0,5848</b>
<b>Alcools monoterpénols :</b>			
Linalool		Risk of allergy.	0,0572
Nérol	- Anti-infective	Risk of allergy.	0,3224
a/o-terpinéol	General, nervous and physical toning		

			0,2947
Terpinène 4 ol			
Géraniole		Risk of allergy.	
<b>Alcools sesquiterpénols :</b>			
Guaiol		Very weak	
Eudesmol	- weak anti-infective		
b-eudesmol	- Decongestant vein and lymphatic		
Euudesma-5-11	General toning.		
a-ol			

### Technical sheet of our Italian Helichrysum essential oil :

#### Properties :

**Draining and circulatory +++++ (alpha pinene) :** the essential oil of Italian Helichrysum (or Immortelle) is effective against

couperosis and circulation problems throughout the body.

**Expectorant +++++ (alpha pinene) :** the essential oil of Italian Helichrysum (or Immortelle) is a powerful decongestant, effective on bronchitis.

**Antibacterial +++++ (alpha pinene) :** the essential oil of Italian Helichrysum (or Immortelle) is effective against different types of herpes.

#### **Anti-inflammatory, soothing and anti-allergic +++ (gamma-curcumene, beta-caryophyllene) :**

The essential oil of Italian Helichrysum (or Immortelle) is effective on skin problems such as acne or burns.

#### **Anti-cancer property +++ (alpha-bisabolene).**

**Anti-hematoma ++ (ketones)** : the essential oil of Helichrysum is effective against the appearance of hematoma after a shock.

**Healing ++ (ketones)** : the essential oil of Italian Helichrysum (or Immortelle) improves healing after surgery.

### The Italian Helichrysum is excellent in case of ...

#### **Blues :**

**Cutaneous** : a few pure drops on the affected area, 5 times a day, until the disappearance of blue.

#### **Rosacea :**

**Cutaneous route** : 1 pure drop on the affected area, and 2 drops mixed with a moisturizing cream nut, 2 times a day, until healing.

#### **Scars, stretch marks :**

**Cutaneous route** : 2 pure drops on the affected area, 2 times a day, until scarring.

tinnitus:

**Cutaneous** : 2 drops in massage around the ear 3 times a day until improvement.

#### **Dark circles :**

**Cutaneous** : 1 drop in 4 drops of vegetable oil or in a walnut of your moisturizer, 2 times a day, morning and evening. (Be careful not to put it in your eyes!)

#### **sprains:**

**Cutaneous route** : 3 pure drops on the sprain, after cooling it with an ice pack, once a day, until the sprain disappeared.

[SAFETY DATA SHEET : link](#)

**Storage conditions :**

Essential oils are sensitive to UV radiation and the gradual evaporation of their constituents. It is therefore essential to keep your essential oils in a colored glass or aluminum bottle with a tight closure at a temperature between 5 ° C and 40 ° C.

**Precautions for use of the Italian Helichrysum essential oil :**

Be careful, this essential oil is reserved for adults and teenagers, but it can however be prescribed by a doctor to pregnant women, children and babies. The essential oil of Helichrysum Italian is used by cutaneous application and exceptionally on medical prescription orally or inhalation in small doses and on small periods. It contains few allergenic components.

**Contraindications :**

The essential oil of Italian Helichrysum (or Immortelle) should be avoided in case of heavy periods or anticoagulant treatment.