SALVIA
Kornati

IMMORTELLE ESSENTIAL OIL

Helichrysum italicum

Immortelle essential oil

Essential oil is a concentrated mixture of volatile, biologically active compounds. Immortelle essential oil is one of the finest but most precious essential oils that can be found around the world. The reason for this is a very small percentage of essential oil in the plant, which can only be around 0.05%[69].
This is why large amounts of fresh plants are needed to obtain a very small amount of essential oil.

The smell of immortelle oil is sweet, layered and extremely fragrant, has pale yellow or reddish color and a very complex chemical composition.

Essential oils should be used carefully, with knowledge and understanding.

Immortelle essential oil usage

· **For skin problems and various inflammations**, make a mixture of 5-25% essential oil and 75-95% vegetable oil. Rub the mixture lightly on the surface (e.g. for hematoma). If necessary, you can use it up to several times a day but do not use it more than you need. Begin with a 5% mixture and gradually increase the amount until you notice the effects but do not exceed 25%. Can be used up to 2 weeks without pause.

· **For upper respiratory tract infections** and breathing problems inhale the smell of essential oil from the bottle directly. You can also rub the 5% essential oil mixture on your chest and neck.

· **To relax the nervous system**, make a mixture of 5% essential oil. Gently blend the mixture on your chest, shoulder and neck or where you have a sore or a pain. You can also use aromatherapy diffusers to fill the space with the natural odor. Charge your diffuser with 5 to 10 drops of essential oil.

Notes and other information

Essential oil has no side effects, but like many essential oils, it is not recommended for pregnant women and young children.

Use of pure essential oil is not recommended, but it is necessary to mix with vegetable oils (e.g. olive oil). Oils are mixed to the desired concentration to remain effective without causing skin irritation. It is recommended that you use a small amount of oil in the unobtrusive area before you start using essential oil and wait for at least few hours to see if you get any skin reaction. Be sure to avoid contact with sensitive areas such as eyes as it may cause irritation.

Simultaneous usage of the essential oil can further increase the overall efficiency of the hydrosol[14].

For those who need to know the exact chemical composition of the essential oil they use, necessary information can be found on our website www.salviakornati.com where you can inspect the essential oil gas chromatographic analysis for each lot. Lot can be found on the product packaging.

Application

Because of the synergistic effects of substances, Immortelle hydrosol may have a wide range of application to different types of problems:

Skin problems

- treatment of dry, old, sensitive and tired skin[64,65,66]
- smoothing various skin irritations and skin inflammations[60,61,65,66]
- scars and scarring[50,66,68]
- edema and hematoma healing[18,50,68]
- helps the symptoms of *Herpes Simplex Virus* (HSV)[39,68]

Nerve system

- facilitates chronic fatigue disorders[42,43,44]
- relaxes the nervous system and helps with the release of emotional blockages[13,58]

• is an effective antidepressant[42,43,44]
• eliminates anxiety, irritability, fear and mental discomfort[13]

Other uses
• calms and regenerates the sore tissue[8,65]
• relaxation of the muscles and joints[66]
• it is also beneficial in the treatment of chapped capillaries, thromboses and other bleeding disorders[13]
• helps with headaches, asthma and migraines[13]
• as insecticide and repellent[38,56]

REFERENCES

salviakornati.com/references

All descriptions and information on this flyer are of informative nature, are not intended for the diagnosis or prescription of the therapy and are not a substitute for medical examination or advice from a pharmacist. For the use of essential oils and hydrosols for therapeutic purposes, consult a doctor, pharmacist or aromatherapist.