SALVIA
Kornati

IMMORTELLE HYDROSOL

Helichrysum italicum

Immortelle hydrosol

Hydrosols are very specific liquids that are obtained by the process of distillation of plant material. Water vapor pours through the layers of immortelle and binds the compounds within the plant, and its condensation produces hydrosol with valuable pharmacological properties.

This effective liquid is distinguished by its specific taste, smell, chemical composition and strong therapeutic properties, and each drop contains dissolved vegetable components and essential oil molecules.

Best quality Hydrosol is obtained from organic, ecological plant material, with no added alcohol supplements and preservatives. It is filtered by sterile filtration, thus eliminating bacteria and is being kept in dark glass bottles. That is exactly what our hydrosol is.

Immortelle hydrosol, as opposed to essential oil, can be used untreated as a tonic for skin care and facial cleansing. It is ideal for sensitive, tired and dry skin. It reduces dark circles under eyes, works against wrinkles and is recommended for those who want to keep the youthful appearance.

Immortelle hydrosol usage:

· **For skin problems**, apply Hydrosol with a spray diffuser to the targeted part of the skin and allow it to absorb the skin (3-5 times a day). In the case of more severe dermal problems, wraps can be used and larger amounts of hydrosol may be applied to the affected area.

· **If you have a laryngeal problem**, soak the cotton pad in the immortelle hydrosol and place it between the gums and the lip. Keep it there for about 20 minutes (2 times a day).

· **In the case of a sore throat**, take a quarter of a spoon of hydrosol and gargle it (3-5 times a day).

Notes and other information

Although the hydrosol has no observed contraindications, start with a lower dosage, i.e. smaller application area, and then increase the dosage as needed. We recommend that you use this product by the time stated on the packaging. After opening, use it within 6 months. Keep it in the cold and dark place and out of the reach of children.

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

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]
- suppressing sunburns and burns[64]
- helps the symptoms of *Herpes Simplex Virus* (HSV)[39,68]

Mouth cavities and airways problems

- soothes throat inflammation[13,54,55]
- facilitates and suppresses gum inflammation[13,53,57]
- it makes it easier to expectorate and discharge mucus, i.e. bronchial secretion, especially from the respiratory organs, and is therefore particularly recommended for inhalation of chronic airway inflammation[58,59,63]
- decelerates the progress of dental caries[29]

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 discom-

fort[13]

Detoxication

• helps in detoxification and liver cleansing[18,52,58]
• protects and helps with bacterial infections and inflammation[11,30,37]
• helps in intestinal problems and digestive disorders[55,57,62]
• it promotes urinary excretion because it also acts as a diuretic[13,70]
• helps with kidney stones[70]

Other uses

• significantly reduces oxidative stress, which is a very important factor in the development of many diseases (e.g. diabetes, cancer, cerebral and myocardial infarction)[17,18,19,40,41,52]
• calms and regenerates the sore tissue[8,65]
• relaxation of the muscles and joints[66]
• reduces the risk of heart attack and stroke[17,58]
• regulates cholesterol and elevated blood pressure[68]
• 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.

It is important to adhere to a balanced and varied diet and a healthy lifestyle.

If you notice or suspect adverse reactions, stop using the product and inform your doctor or pharmacist.