

Ylang – Ylang Oil

(Cananga odorata)

Ylang – Ylang essential oil is obtained by steam distillation of ylang – ylang flowers.

Country of origin: India

- Strong aphrodisiac for both sexes, stimulates erotic impulses
- Against anxiety and insomnia
- Positive effect on blood pressure
- Eliminates menstrual pain
- Regulates the sebaceous glands (for dry and oily skin)
- Against seborrheic dermatitis

For inhalation - Dissolve 2-3 drops of ylang in half a liter of boiling water. Inhalation lasts 3-5 minutes. The oil can be put on the tissue, and healing vapors inhaled in the form of dry inhalation. It is suitable use for anxiety and insomnia.

For bath – Add 3-4 drops of ylang - ylang to the 100g of sea salt and put it into the tub with warm water. For sex drive stimulation, against menstrual pain and for lowering the pressure.

For skin, hair, and nails care – Dissolve 50 drops of ylang-ylang oil in 100 ml of base oil (almond oil, jojoba, coconut, hazelnut, and olive). Oil is always applied on clean and damp skin because it absorbs better (1-2 times a day). For seborrheic dermatitis, it is enough to rub a small amount of this oil dissolved in the root of the hair and changes on the skin, leave it on for an hour, and then wash your hair.

Caution: using high doses, it can cause headache and nausea. Consecrated oil may cause irritation to the skin!

Information given in this manual is for purely educational purposes and is not intended for diagnosis, treatment or prescriptions of any kind. The decision to use or not to use the products and in which manner are the sole responsibility of consumers. Please consult your doctor or pharmacist. The use of essential oils is not recommended for pregnant women and breast feeding mothers.

