



vibrant
blue oils

Helichrysum

— SINGLE OILS —



BENEFITS: Helichrysum is rich in anti-oxidants, anti-inflammatory, anti-hemetic, anticoagulant, anti-fungal, and anti-bacterial properties. It can be used for respiratory ailments, skin trouble, liver and gallbladder issues, inflammation, infections and emotional uses.

INDICATIONS: Helichrysum may be used to support:

- **Skin:** Helps maintain a youthful appearance, soothe acne and blemishes, smooth fine lines, wrinkles, stretch marks, and scars. It may also help calm and heal burns, cuts, wounds, bruises, varicose veins and spider veins.
- **Emotions:** Helichrysum may help with grounding, balancing and promoting positive feelings, like hopefulness, courage and strength, as well as reducing stress and recovering from trauma.
- **Respiratory Issues:** Helichrysum's antispasmodic properties can provide quick relief from and be used as a preventative agent against spasms present in coughs, colds and allergies. It may also help relieve to respiratory tracts and eradicates the formation of phlegm that causes intense coughing.
- **Pain and Inflammation:** Helps alleviate joint and muscle pain, support wound healing, calm inflammation, including sprains and tissue damage.
- **Digestive Support:** May help alleviate constipation, indigestion and reflux, bloating, stomach problems, candida, and gut infections.
- **Detoxification Support:** Supportive for liver and gallbladder health.
- **Immune:** Helichrysum's anti-bacterial, anti-inflammatory and anti-microbial properties have been shown to help support immune health.
- **Heart health:** Possesses anticoagulant and anti-hemetic properties that may help thin blood, dissolve or liquefy blood clots that can result in hemorrhage and heart attacks.

Nerve health: Helichrysum oil is a nervine, which means it stimulates nervous system and keeps it in order. It may help strengthen the nerves of the brain and regular use of this oil can protect you from hemorrhage, blood clot formation, stress, anxiety attacks, and depression.

Application

HOW TO USE: Helichrysum can be inhaled, topically applied or added to your skin care regimen. To relieve tension and stress, massage a drop or two of Helichrysum on back of the neck and temples. To relieve respiratory issues, add a drop or two of Helichrysum and rub in the hands and inhale several times in a day. You can also add helichrysum to your existing body care products.

WHEN TO USE: Use as needed to alleviate pain or support skin health.

INGREDIENTS: Vibrant Blue Oils 100% Helichrysum Essential Oil, Wild Harvested in Corsica

PRODUCT TIPS:

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