

ESSENTIAL ESSENCE NEWS



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WHAT'S NEW

Helichrysum Essential Oil



Helichrysum italicum pure essential oil is now available for \$25. This oil blends well with bergamot, chamomile, clary sage, lavender and mandarin. To help resolve deep emotional feelings including anger, and help you feel uplifted and motivated, try adding a few drops of undiluted oil to your diffuser or personal inhaler. You could also try making a 3% dilution (approx. 8 drops or 0.5mL in 15mL) of Helichrysum in Rosehip to use as a face or body moisturiser. I hope you enjoy trying out this new oil. If you have any questions don't hesitate to contact me!

Jacinta

Hello and welcome to the 10th issue of Essential Essence News.

Recently, whilst I was gardening outside on a beautiful sunny day, it suddenly dawned on me that my curry plant was not what I thought it was. Although the leaves had a sweet curry like aroma, they did not look like the curry leaves that I normally cook with. I checked the tag to confirm that it was in fact a curry plant that I had purchased, and I started to wonder if it was truly edible.

Upon further research I was surprised to find that I actually have a species of *Helichrysum* growing in my garden. Although it is better known as an essential oil, Helichrysum is also used for cooking but mainly in the Mediterranean regions. When blended properly, fruity sweet smelling Helichrysum essential oil may be used on the skin for many disorders:

- Stimulating skin regeneration
- Relieve bruising, itching, reduce redness, scaling and puffiness
- Assisting repair of broken capillaries
- Reducing the appearance of scars and skin discoloration
- Reducing inflammatory responses
- Easing muscular aches and menstrual cramps
- Reducing the appearance of stretch marks
- It also has antiseptic properties

FORMULATION OF THE MONTH

This month's formulation is: **Quick Healing Bruise Blend**

What you need

- 5 drops helichrysum
- 2 drops lavender
- 1 drop geranium
- 1 drop lemongrass
- 15mL rosehip

To make, combine all ingredients well. Apply to skin as often as required.