

YLANG-YLANG EXTRA

Cananga odorata

Aromatic molecules : Germacrene D, benzyl acetate, farnesene, benzyl benzoate

Distilled organ : flower

Native to Asia, this tropical tree bearing shiny, persistent leaves can grow up to 20 metres in the wild. The flowers, yellow when mature, produce the best essential oil. Ylang ylang provides an essential oil whose fragrance is universally appreciated for its warm, flowery, exotic, round and feminine notes. It is hardly astonishing that it is one of the essential oils that can change human behaviour by olfaction.

Traditionally known for its properties

antidepressant, sedative, nervous relaxant • hypotensive, antiarrhythmic • sexual tonic, aphrodisiac • antispasmodic.

Professional advice

- external - always dilute : 3 drops CTEO + 3 drops hazelnut oil and massage the solar plexus or the inner side of the wrists (if nervous ailment) or on the painful area.
- Perfume ideas: ylang-ylang : 2 ml, cedar or rosewood: 1 ml in 100ml 70° alcohol.
- 30 drops of ylang-ylang in 1 liter of furniture polish will delicately perfume your linen.

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion	Inhalation Aerosol
-	++++ (!)	++++	-

Useful information

internal administration for therapist only, external administration possible in dilution from 1 to 20 % maximum of CTEO in a vegetable oil such as sesame, hazelnut, etc, not recommended for pregnant women, skin irritation (dermocaustic) possible if used pure.

Traditional indications

- palpitations, extrasystoles, hypertension +++
- tonic for all hair and skin types +++
- depression, insomnia, stress, severe anxiety, panic +++
- frigidity, feminine sexual asthenia +++++
- muscle cramps and contractures +++
- cystitis, urethritis, gynaecologic spasms +++

Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

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Aromatherapy and information about it should never be used to replace a doctor's visit.

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