

Angelica Root, Organic: France (*Angelica archangelica* – CO2 extracted)

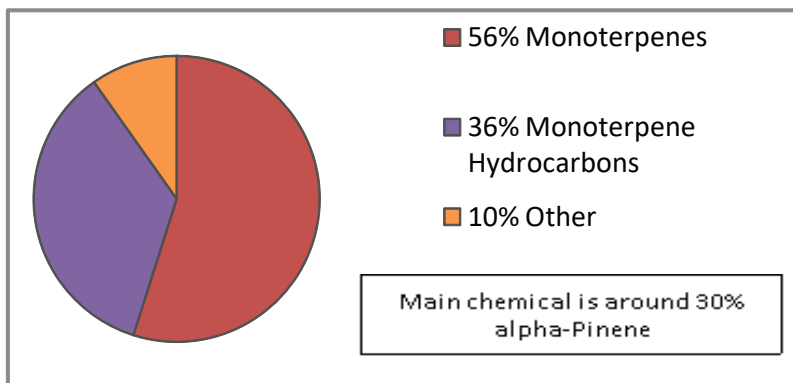
Angelica has been praised for its virtues since antiquity. The name alone tells you that this plant has been regarded in folk medicine and myths as a very, very powerful plant. In Germany, it was referred to as the “Oil of Angels.”

There are many species of Angelica, but the one that is used most by Alternative Healers is the *Angelica archangelica*. This species is grown in the cooler climates for food, flavor, fragrance, and medicinal properties.

Primary Usages: Strengthens the heart by stimulating circulation and useful for respiratory conditions (coughs, colds, flu, bronchitis, decongestant, other bronchial ailments are greatly enhanced with combined with Frankincense). Assists with improving the immune system and fighting infections. Beneficial for contagious diseases (typhus, yellow fever, malaria, diphtheria, cholera) and assists to stimulate the lymphatic system (specially to detoxify after an illness).

Secondary Usages: Improves skin issues (congested skin, psoriasis, anemia), and assists in restoring a sense of smell. Used in overcoming fatigue, migraines, nervous tension, stress-related disorders, depression, and anxiety. Assists to anchor, restore, and strengthen the emotions.

Has Been Reported: Contains anticoagulant properties, used as an appetite stimulant, and aids indigestion. Apply to the abdomen with a carrier oil on the stomach for bloating and cramps. Some people have reported that using Angelica Root before going outdoors may attract insects.



Descriptor: General Tonic, Aids Digestion, Decongestant, Calming

Application: Inhaling or diffusing (30 minutes up to 3x's a day or as needed). Great to add in a massage oil.

Caution: Considered phototoxic and gets stronger as it ages. Avoid during early pregnancy, use sparingly.

Influences: Pleasant aroma that assists in letting go of negative feelings, bringing back the original memory of the trauma or anger that was experienced. Promotes balance and gives us strength to overcome difficulties.

Medicine Wheel: Primary North and Secondary East, West, and Center. Increase Guardian Qi (immune system). Strengthens the Lung Qi and rids wind and dries damp in the lungs. In Chinese medicine Angelica is associated with the reproductive system.

Blends Well With: Bergamot, Cedarwood, Clary Sage, Frankincense, Grapefruit, Juniper Berry, Lemon, Lime, Mandarin, Orange, Sandalwood, Tangerine, Vetiver

Recipes: For a relaxing bath mix six drops each of Angelica Root and Lavender with four drops of Ylang Ylang.