

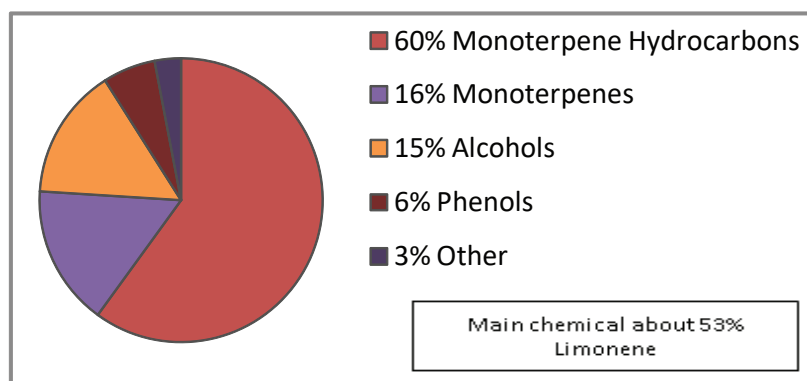
## Elemi, Organically Grown: Philippines (*Canarium luzonicum*)

The name Elemi is from the Arabic phrase for "as above, so below," signifying the plant's symbolism for spirituality. It is said to assist in bringing balance to the emotional and spiritual planes. The Elemi resin shares similar properties to Frankincense and Myrrh and is harvested from tropical trees and distilled to extract the essential oil. It was considered a cost effective alternative to using Frankincense. Traditionally Elemi has been used in the Middle East and Egypt for the embalming, medicines, cosmetics, soaps, skin care products, perfumes, food flavorings, and beverages.

**Primary Usages:** Because of its antiseptic properties, Elemi is wonderful to assist in preventing infection. Rejuvenates skin conditions (wrinkles, rashes, sore, chapped skin, scarring), aids the respiratory system (bronchitis, coughs, chest infections, mucus, congestion), and strengthens the immune system.

**Secondary Usages:** Used as a general tonic to assist in fortifying the body. Beneficial for digestive issues (stimulate digestion, diarrhea, ulcers, spasmodic intestinal colitis, amoebic infections) and is used for nervous exhaustion, and stress.

**Has Been Reported:** Beneficial for wounds, pain relief, inflammation, fungal growths, and gangrene conditions. Assist to reduce heavy perspiration.



**Descriptor:** Antiseptic, Inflammatory, Antispasmodic, Regenerative, General Tonic, Aids Digestion, Decongestant

**Application:** Apply topically on location, or diffuse. Wonderful in a relaxing bath

**Caution:** Possible skin-irritant to sensitive individuals

**Influences:** Instills peace and balance to both the upper and lower chakras. It assist to relieve stress and useful for grounding and during meditation.

**Medicine Wheel:** Primary North.

**Blends Well With:** Cinnamon, Frankincense, Geranium, Ginger, Lavender, Melissa, Myrrh, Neroli, Orange, Palmarosa, Patchouli, Rose, Rosemary, Rosewood, Sandalwood, Vetiver, Ylang Ylang.

**Recipes:** For a skin moisturizer combine four drops Elemi, three drops Lavender, two drops Rosewood, and one tablespoon (15ml) of carrier oil.

Respiratory issues blend eight drops each of Elemi and Hyssop to four drops each of Eucalyptus and Pine. Add to a carrier oil for a chest and back massage or diffuse.

To assist with depression mix equal part of Elemi, Frankincense, and Sandalwood and rub over the heart and on the ears. Diffusing this mixture is also highly effective.