

## Helichrysum gymnocephalum, Organic: Madagascar

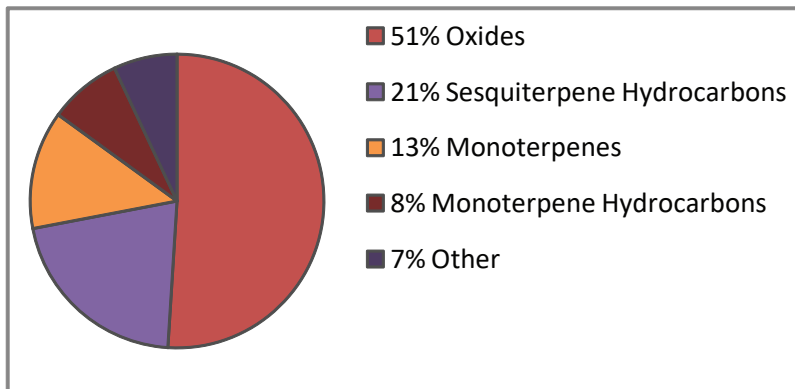
The word Helichrysum is derived from the Greek word “Helios” meaning sun and “chrysos” meaning gold. With the over 600 species grown in different parts around the world, there many similarities and differences in the chemistry of the plant. The small yellow flowers of Helichrysum gymnocephalum contain some of the same healing chemistry as eucalyptus and the oil is often thought to be quite similar in smell. Traditionally this plant was used as an antiseptic, pain relief, aphrodisiac, and to assist lung and breathing issues.

Often sold in the market as Helichrysum italicum this oil is quite different and should not be considered interchangeable. Helichrysum italicum has more overall therapeutic benefits, like its wound and nerve healing properties. However, the low cost of Helichrysum gymnocephalum and its powerful pain relief properties make this an oil we love to use for our healing practices. A few drops, rubbed on location, will quickly relieve even the most intense pain.

**Primary Usages:** Beneficial for pain relief (headaches, painful menstruation, sore muscles, arthritic joints, rheumatism, bruising, gout, goiters, muscle spasms, inflammation) and assists with respiratory complaints (bronchitis, colds, flu, infections, asthma, COPD, sinusitis, sore throats).

**Secondary Usages:** Beneficial for skin (dermatitis, cuts, wounds, antiseptic, herpes, varicose ulcers) and can also induce menstruation and lactation.

**Has Been Reported:** Assists mouth and gum issues (gingivitis, pain, infection) and is said to be helpful in treating ulcers and stress issues with the stomach and urinary tract.



**Descriptor:** Analgesic, Antiseptic, Anti-Inflammatory, Expectorant, Decongestant

**Application:** Apply topically or diffuse.

**Caution:** This oil contains a high percentage of 1,8-Cineole, which is approved as a flavoring, but is toxic if taken internally in large amounts. Use with extreme caution, while pregnant.

Main chemical about 50%  
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**Found In:** Join Support, Pain Free

**Influences:** Stimulating, uplifting, and renewing to the energy centers. Assists to heal emotional wounds and restore peace.

**Medicine Wheel:** A Primary South and Secondary North. Increases the Guardian Qi (Immune System) and has the ability to clear the lungs.

**Blends Well With:** Basil, Bergamot, Birch, Chamomile, Cypress, Elemi, Lavender, Marjoram, Peppermint, Rose, Rosewood, Spruce, Tea Tree, Wintergreen

**Recipes:** For a massage blend for colds and achy body combine five drops each of Helichrysum gymnocephalum, Lavender, Ho-Leaf, and Tea Tree in two ounces of a massage carrier oil for a full body massage.