

OIL PROFILE – HELICHRYSUM ITALICUM (SSP SEROTINUM)

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HELICHRYSUM belongs to the Asteraceae aromatic family, which includes camomile, sweet inula and tansy. The little known helichrysum genus is comprised off a mixed bag off 400 species, of which only a few are used therapeutically. Italian Helichrysum is found all around the Mediterranean: Turkey, Italy, Yugoslavia. The subspecies serotinum grows in Corsica and Sardinia. As these plants love sunshine and silica-laden soils, they are especially fond of sandy areas bordering the sea. In order to maximise yields (which still remain low), they must be harvested before the flowerheads are in full bloom.

TOXICITY

Helichrysum is imbued with exceptional anti-coagulant properties, and also contains a rather large proportion of ketones. The risk of toxicity however is greatly reduced by the type of ketone molecule.

- **Do not use on pregnant women.**
- **Do not use on patients taking anticoagulant medication.**
- **For children a maximum of 3 drops 3 times per day.**

MAIN PROPERTIES

Exceptional antihematoma*****
 Antispasmodic***
 Anti-inflammatory**
 Anticatarrh**
 Healing**
 Liver stimulant**

THERAPEUTIC INDICATIONS

Any haematoma*****
 Phlebitis***
 Arthritis***
 Rheumatism pain**
 Rhinitis, bronchitis**
 Rosacea**

SYNERGISTIC ESSENTIAL OILS

Laural - antihaematoma
 Wintergreen - anti-inflammatory
 Eucalyptus citriodora - anti-inflammatory
 Eucalyptus radiata - anticatarrh
 Rosemary verbenone - mucolytic

Recipes:-

<p>Recent external haematoma</p> <p>Helichrysum italicum 3ml Laurel 1ml Tamanu oil 1ml</p> <p>3 to 6 drops, four times daily on the haematoma</p>	<p>Old external haematoma</p> <p>Helichrysum italicum 5ml Cypress 1ml Carrot 1ml Tamanu oil 2ml Wheatgerm 6ml St John's Wort 5ml</p> <p>3 to 6 drops locally until marked improvement. This can be three to six months depending how old the haematoma is.</p>	<p>Phlebitis</p> <p>Helichrysum italicum 5ml Wintergreen 0.5ml Laurel 1ml Lemon manuka 1ml Eucalyptus citriodora 2ml Yarrow (ligurian) 0.5ml Tamanu oil 5ml</p> <p>3 to 6 drops eight times per day locally</p>
<p>Varicose veins</p> <p>Helichrysum italicum 3ml Cypress 3ml Laurel 1ml Exotic verbena 2ml Peppermint 1ml Tamanu oil 5ml Gel or lotion 100ml</p> <p>Apply locally once or twice per day.</p>	<p>Oedema of the legs</p> <p>Helichrysum italicum 2ml Deodar (Himalayan) 1ml Cedarwood (Virginian) 2ml Cypress 1ml Laurel 1ml Lavandin super 2ml Peppermint 1ml Gel or lotion 100ml</p> <p>Gently massage on the affected area once or twice a day until complete disappearance.</p>	

NB Because of the high concentrations of these recipes, they should never be used as a general massage blend but only used in the small areas as stated above.

NO General Recipes for Massage

(The main source of information comes from the Natural Aromatherapy Research and Development Association.)