

YLANG YLANG ESSENTIAL OIL

The Cananga tree (*Cananga odorata*) is an evergreen tropical tree originating in the Phillipines and is often referred to as Ylang Ylang. It grows to around 12 metres and produces fragrant pink, mauve or yellow flowers. The essential oil is extracted from the fresh flowers by steam distillation. With its exotic sweet aroma Ylang Ylang essential oil is calming and is purported to be beneficial for balancing the skin.

Botanical Name	<i>Cananga odorata</i>
Plant Part	Fresh flowers
Actions	Warming, relaxing, restoring, calming, induces serenity, sensuality and exuberance
May Help	Stress, depression, nervous tension, insomnia, PMS, sexual indifference, frustration
Fragrance Note	Base
Blends with	Geranium, Lavender, Neroli, Sandalwood, Rose, Jasmine, Bergamot, Citrus Oils



Suggestions for use:

SENSUAL MASSAGE	
Clary Sage	6
Ylang Ylang	4
Cedarwood	2
Patchouli	4
Carrier Oil	50ml

WOMEN'S MASSAGE	
Clary Sage	6
Bergamot	10
Ylang Ylang	4
Orange	5
Carrier Oil	50ml

*Quantity shown refers to number of drops of essential oils

Cautions

Excessive use of it can lead to headaches and nausea.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.