

GALBANUM

FERULA GALBANIFLUA

Country of Origin: Turkey

Steam Distilled from resin

Galbanum possesses one of the most distinctive aromas in the botanical world... fresh, intensely green, and alive with the character of the wild landscape from which it comes. Steam distilled from the resin of *Ferula galbaniflua*, this remarkable oil has been prized since ancient times for its vibrant fragrance and its role in the sacred incense of the Tabernacle. Its crisp, balsamic profile evokes new growth and open spaces, bringing a sense of vitality and quiet strength to every aromatic experience.

Traditionally valued for both aromatic and topical wellness, Galbanum is often used to encourage emotional balance while supporting healthy-looking skin and a refreshed outlook. Its unmistakable green aroma brings brightness and depth to diffuser blends, while its naturally resinous chemistry makes it a favorite in botanical skincare and restorative routines. Bold yet remarkably balanced, Galbanum remains one of history's most treasured aromatics, offering a timeless connection to nature's resilience and renewal.*

FUNCTIONAL CONSTITUENTS

β-Pinene	Provides Galbanum's fresh aroma while contributing to its cleansing and invigorating aromatic profile.
α-Pinene	Supports a crisp, forest-like character while promoting respiratory wellness and mental focus.
Sabinene	Adds vibrant herbal complexity while contributing to the oil's refreshing botanical character.
Limonene	Provides subtle citrus brightness and antioxidant properties that complement Galbanum's resinous profile.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10474915/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC12715999/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC7994278/>



HOW WE SOURCE

Galbanum resin is harvested from mature *Ferula galbaniflua* plants growing in their native environment, where climate and soil produce its unmistakable green, balsamic character. Careful harvesting preserves the resin's naturally vibrant aromatic profile while protecting the delicate compounds that give Galbanum its remarkable freshness.

Steam distillation is carried out in carefully controlled batches to capture the oil's vivid botanical complexity from the very first pass. We seek an aroma that opens with crisp green notes, unfolds into soft earthy resin, and finishes with clean balsamic depth, a true reflection of this extraordinary plant in its purest form.

OUR GALBANUM IS:

- ✓ Steam distilled from resin
- ✓ Unrefined and unstandardized
- ✓ Sourced from native growing regions
- ✓ Batch distilled for consistency
- ✓ Handled to preserve aromatic integrity

We look for oil that opens with vibrant green notes, develops into fresh balsamic resin, and finishes with remarkable depth—clear signs of careful harvesting and expert distillation. Oils that smell flat, muddy, or excessively smoky are avoided.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Bright green aroma*
- Fresh balsamic resin*
- Crisp botanical notes*
- Pale yellow to light amber oil*
- Stored in dark glass*

Avoid:

- Flat or muted scent*
- Smoky or scorched aroma*
- Sour or musty notes*
- Thick, cloudy oil*
- Clear or plastic packaging*

HOW TO USE GALBANUM

Galbanum is used when the goal is renewal, balance, and botanical restoration. Whether diffused to refresh the atmosphere, applied topically with a carrier oil, enjoyed in a therapeutic bath, or incorporated into massage blends, its vibrant green character offers a versatile addition to everyday wellness routines.

Aromatic

Diffuse up to 30 minutes, 3 times daily to create a grounding environment.*

Topical

Dilute with a carrier oil and apply to the desired area as needed. A patch test is recommended before first use.*

Bath

Combine with a carrier oil and bath salts before adding to warm bath water for a relaxing aromatic soak.*

WHAT IT SUPPORTS

Galbanum is traditionally used when the goal is to refresh the senses, encourage emotional balance, and support healthy skin. It supports:

- Healthy-looking, mature skin*
- A healthy inflammatory response*
- Emotional balance and relaxation*
- Grounding and mental clarity*
- Overall skin wellness*

Used consistently, Galbanum helps encourage calm, support healthy skin, and create a greater sense of balance through one of nature's most distinctive resinous botanicals.

CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

GALBANUM IN THE STILLROOM

Galbanum has long been valued in the stillroom as an oil of renewal and fresh beginnings. Distilled from the resin of *Ferula galbaniflua*, it was often chosen when a space or spirit felt heavy, bringing its vibrant green aroma to botanical preparations intended to refresh both the body and the mind.

Its crisp, resinous character adds remarkable brightness to aromatic blends while lending depth to restorative skincare and wellness rituals. Whether diffused or blended with other treasured botanicals, Galbanum brings a lively, grounding presence that has made it a favorite in traditional stillrooms for generations.*

MORE WAYS TO USE GALBANUM

Relax Blend

Diffuse with Bergamot and Ylang Ylang to create a peaceful, calming atmosphere.*

Mature Skin Care


Blend 1 drop with 1 teaspoon of Rosehip Seed Oil and apply to the face, neck, and backs of the hands.*

Botanical Massage Oil

Combine with Helichrysum, Copaiba, and a carrier oil for a soothing massage blend.*

Daily Inhalation

Add to a personal inhaler and enjoy throughout the day whenever you need a fresh, grounding aromatic experience.*



Galbanum
ferula galbaniflua

0.17 fl. oz. (5ml)

Ingredients: Ferula galbaniflua (Galbanum) from Turkey, steam distilled from resin
Directions: Topical: Dilute with carrier oil and apply to desired location. Aromatic: Diffuse aromatically up to 10 minutes per hour.
Caution: Keep out of reach of children and pets. Discontinue use if irritations occur. This product is not intended to diagnose, treat, cure, or prevent disease. Store in a cool, dark place.
Distributed by Green Organics LLC • Cincinnati, OH 45245
HBNaturals.com • goDesana.com

Learn More

