

HELICHRYSUM

HELICHRYSUM ITALICUM

Country of Origin: Corsica

Steam Distilled from flowers

Helichrysum (*Helichrysum italicum*) is a steam-distilled oil drawn from the flowers, valued for its complex, herbaceous aroma and its exceptional affinity for the skin, circulatory system, and tissue repair. Naturally rich in compounds such as neryl acetate and other regenerative constituents, it carries a deeply restorative character known for supporting recovery from bruising, reducing inflammation, and promoting healthy circulation and tissue renewal.

Its aroma is warm, slightly sweet, and herbaceous with a subtle earthy undertone, offering depth without heaviness. It is often used when the body is dealing with trauma to the skin or soft tissue, including bruising, swelling, or areas of compromised circulation, as well as during periods of physical strain or recovery.

In both aromatic and traditional use, helichrysum has been regarded as a powerful restorative oil, supporting skin regeneration, vascular integrity, and overall recovery processes. It works with precision, helping the body repair, reduce visible damage, and restore a more balanced, functional state over extended periods.

FUNCTIONAL CONSTITUENTS

Neryl Acetate A dominant ester in helichrysum, neryl acetate contributes to its soft, slightly sweet aroma. It is strongly associated with supporting tissue repair, reducing inflammation, and promoting regeneration, particularly in the skin and vascular system.

Nerol A monoterpene alcohol that adds a fresh, floral lift to the oil. Nerol is known for its role in supporting skin health and cellular renewal, while also contributing mild antimicrobial and balancing properties.

Gamma-Curcumenol A sesquiterpene that gives depth to the oil's profile. It is associated with supporting circulation and helping reduce the appearance of bruising and swelling, reinforcing the oil's traditional use in recovery and tissue support.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8399527/>
<https://pubmed.ncbi.nlm.nih.gov/24239849/>
<https://pubmed.ncbi.nlm.nih.gov/36202166/>



HOW WE SOURCE

Helichrysum oil is shaped by the quality of the flowering tops and the environment in which the plants are grown. We look for *Helichrysum italicum* cultivated in dry, sun-intensive regions where slow growth concentrates its aromatic and therapeutic compounds.

The flowering tops are harvested at peak bloom, then steam distilled to preserve their volatile constituents. Because helichrysum is highly sensitive to timing and yield, careful harvest and immediate processing are essential. We look for oil that is warm, herbaceous, and slightly sweet with depth and clarity—never thin, overly grassy, or lacking complexity.

OUR HELICHRYSUM IS:

- ✓ Steam distilled from flowering tops
- ✓ Unrefined and not standardized
- ✓ Harvested at peak bloom for potency
- ✓ Sourced from sun-intensive growing regions
- ✓ Warm, herbaceous, and softly complex

We look for oil that carries depth with a smooth, slightly sweet herbal profile, an indicator of proper harvest timing and careful distillation. Thin, overly grassy, or flat oil signals poor handling or low-quality plant material, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Warm, herbaceous aroma*
- Slightly sweet, complex profile*
- Smooth, well-rounded depth*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Thin or weak scent*
- Overly grassy, sharp notes*
- Adulterated/extended oil*
- Clear or plastic packaging*

HOW TO USE HELICHRYSUM

Helichrysum is commonly used when the goal is supporting tissue repair, reducing bruising, and addressing localized areas of stress or injury. It is best suited for targeted topical and limited aromatic use.

Topical

Apply 1–2 drops neat or diluted directly to the area of concern. Commonly used for bruising, swelling, and supporting skin recovery after impact.*

Topical (Diluted)

Blend with a carrier oil and massage into affected areas. Often used to support circulation, ease tension, and promote faster recovery in muscles and soft tissue.*

Aromatic

Diffuse or inhale in short intervals. Often used to support a calm, steady state during physical stress or recovery.*

Compress

Add 1–2 drops to warm water, soak a cloth, and apply to the area. Commonly used to support circulation and reduce localized swelling.*

WHAT IT SUPPORTS

Helichrysum is traditionally used when the goal is supporting tissue repair, reducing visible damage, and restoring healthy circulation in affected areas. It supports:

- Reduction of bruising and discoloration*
- Healthy circulation in compromised tissue*
- Skin recovery and regeneration*
- Relief of localized swelling and inflammation*
- Support for soft tissue after strain or impact*

Used consistently, it helps the body recover more efficiently—supporting visible repair, improved circulation, and a more complete return to normal function.

HELICHRYSUM IN THE STILLROOM

Helichrysum has long been kept in the stillroom as a first-response oil to be used when the body needs immediate support after impact, strain, or visible tissue stress. Distilled from the flowering tops of *Helichrysum italicum*, it is closely associated with bruising, vascular stress, and areas where circulation and repair need to be restored without delay.

It is often reached for in cases of bumps, swelling, or compromised skin where timing matters. This is not a general-use or background oil. It is applied with intention, working directly on affected areas to help reduce discoloration, support circulation, and encourage recovery at the tissue level. Used in small amounts, it supports a more complete and efficient repair process without unnecessary buildup or irritation.

MORE WAYS TO USE HELICHRYSUM

Post-Impact Care

Apply 1 drop directly to bumps or bruises as soon as possible. Commonly used to reduce discoloration and limit visible damage.*

Vein Support Blend

Dilute and apply along areas of visible veins. Often used to support circulation and improve overall appearance.*

Scar Support Routine

Blend with carrier oil and apply to healing skin. Commonly used to support smoother, more even recovery over time.*

Muscle Recovery Oil

Combine with a carrier and massage into sore areas after strain. Often used to support circulation and reduce lingering tension.*

Targeted Compress

Add 1–2 drops to warm water and apply with a cloth. Commonly used to support localized swelling and tissue recovery.*

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.

ZILARA

HELICHRYSUM

helichrysum italicum

STEAM DISTILLED • CORSICA

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, add 1–10 minutes per hour.

Supplement Facts
Serving Size: 1 drop
Servings Per Container: About 100
Amount Per Serving: 1 drop
Helichrysum 60mg **
Helichrysum italicum
Distilled from flowers
*This value may vary based on harvest.

Caution: Keep out of reach of children. Avoid contact with eyes. If irritation occurs, stop use. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.



Manufactured by Zilara, a division of Green Organics, LLC
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5 mL / 0.17 fl oz