

Ylang Ylang Organic Essential Oil (#3)

Main Constituents:

Germacrene-D: 19.5%

β -caryophyllene: 16.9%

Botanical Name: Cananga odorata

Plant Part: Flowers

Extraction Method: Steam Distilled

Origin: Madagascar

Description: Ylang-ylang Essential Oil is extracted from Cananga odorata – also known as flower of flowers. It is a tall tropical tree about 20meters (60 feet) high with large, tender, fragrant pink, mauve or yellow flowers. The yellow heads are viewed as being the best in terms of quality.

Color: Pale to golden yellow clear liquid.

Common Uses: Organic Ylang-ylang Essential Oil can assist with problems such as high blood pressure, rapid breathing and heartbeat, nervous conditions, as well as impotence and frigidity. Organic Ylang-ylang Essential Oil is best suited for use in the perfumery and skincare industries.

Consistency: Thin

Note: Base

Strength of Aroma: Medium

Blends well with: Bergamot, Grapefruit, Lavender, Neroli, Rosewood andSandalwood.

Aromatic Scent: Organic Ylang-ylang Essential Oil has a sweet, exotic, floral scent that is one of the most sought after aromas.

History: In Indonesia, Ylang ylang flower petals are strewn upon the bed of newlywed couples. Ylang ylang was a popular ingredient of hair preparations in Europe and was known as Macassar oil. The word anti-macassar originated from this, since an anti-maccasar was used to keep hair oil from staining upholstered furniture.

Cautions: Ylang-ylang Essential Oil can cause sensitivity on some people and excessive use of it may lead to headaches and nausea.

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In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.



The health benefits of Ylang-Ylang Essential Oil can be attributed to its properties as an antidepressant, antiseborrheic, antiseptic, aphrodisiac, hypotensive, nervine and sedative substance.

This essential oil was not widely known about until very recently, but with the thousands of cosmetics products and their advertisements flooding the television and global media, it soon became a household name and a favorite for aromatherapists.

The essential oil of ylang-ylang is extracted by steam distillation of fresh flowers of the ylang-ylang tree, which bears the scientific name *Cananga Odorata* and is commonly found in the rain forests of certain Asian and South Pacific Islands like Indonesia, Philippines, Java, Sumatra, Comoro and Polynesia.

The chief components of the essential oil of ylang-ylang are benzyl acetate, benzyl benzoate linalool, caryophyllene, geranyl acetate, methyl benzoate, p-cresyl methyl ether and other components known as Sesquiterpenes, which all contribute to its aroma and medicinal properties.

Along with its widespread use in perfumes and aromatherapy treatments due to its very pleasing and delicate fragrance, ylang-ylang essential oil is also used for a variety of medicinal purposes.

Health Benefits of Ylang-Ylang Essential Oil

Let's investigate how many of the medicinal properties of ylang-ylang essential oil match up with the mass media advertisements!

Antidepressant: This is one of the oldest known medicinal properties of Ylang-Ylang and it is a part of the essential oil as well. It fights depression and relaxes both the body and soul, thereby driving away anxiety, sadness, and chronic stress. It also has an uplifting effect on mood and induces feelings of joy and hope. It may be an effective treatment for those undergoing nervous breakdowns and acute depression after a shock or an accident.

Antiseborrheic: Seborrhea or Seborrheic Eczema is a horrible disease that is caused due to malfunctioning sebaceous glands. This disorder results in irregular

sebum production and the consequent infection of the epidermal cells. It looks very unattractive and painful, since the white or pale yellow skin, whether it's dry or greasy, starts peeling off. This normally happens on the scalp, cheeks, eyebrows and wherever else hair follicles are found. Ylang-Ylang Essential Oil can be beneficial in curing this inflammatory situation and reducing the skin irritation and redness by regularizing sebum production and treating the infection itself.

Antiseptic: Any wounds like cuts, abrasions or burns comes with the chance of the wound becoming septic from various bacterial infections. The risk of complications is even greater when the wound was made by an iron object, as there remains a chance of it becoming infected by tetanus germs. Essential Oil of Ylang-Ylang can help to avoid both sepsis and tetanus by inhibiting microbial growth and disinfecting the wounds. This property of Ylang-Ylang Essential Oil protects your wounds from infections from bacteria, virus and fungus. It also helps to speed up the healing process of the wound.

Aphrodisiac: The Essential Oil derived from Ylang-Ylang can really activate the romance within couples and can improve your sexual life. This can be very beneficial for those people who have lost interest in sex due to tremendous work load, professional stress, depression, or the effects of pollution. The loss of libido or frigidity is a growing problem in modern life, but relying on natural essential oils like Ylang-ylang can really help you find your sex drive.

Hypotensive: This oil is a very effective agent for lowering blood pressure. In recent times, since high blood pressure is a major health epidemic among both the young and the old, and the drugs for lowering it having serious adverse side effects on the health, Ylang-Ylang oil can be an easy and natural solution. It has no adverse side effects on health, if taken in prescribed quantities.

Sedative: Health benefits of ylang-ylang essential oil includes providing relief from stress and anxiety. This oil sedates or calms nervous afflictions, stress, anger and anxiety, while inducing a relaxed feeling.

Nervine: Ylang-Ylang Essential Oil is a health booster for the nervous system. It strengthens the nervous system and repairs any damage it may have suffered. Furthermore, it also reduces stress on the nerves and protects them from developing a number of nervous disorders.

Other Benefits

Ylang-ylang essential oil can be used to cure infections in internal organs such as the stomach, intestines, colon, and urinary tract. It is also good for people suffering from insomnia, fatigue, frigidity and other stress related conditions. It is extremely effective in maintaining moisture and oil balance of the skin and keeps the skin looking hydrated, smooth, and young.

Few Words of Caution

Some cases of sensitivity, nausea and headache have been observed when taken in excessive amounts. Otherwise, when taken in recommended doses, it is non-toxic and is not reported to cause any irritation.

Blending

The Essential Oil of Ylang-Ylang makes very good blends with essential oils derived from bergamot, grapefruits, lavender and sandalwood.

Ref <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-ylang-ylang-essential-oil.html>