

YLANG YLANG (Complete)

Cananga odorata

Flower of flowers

Source:	Madagascar
Extraction:	Steam or water distillation of freshly picked flowers.
Blending Factor:	4
Odour Note:	Base

Characteristics:

This oil is pale yellow fluid with intensely sweet, floral, and soft balsamic aroma and spicy/woody undertones.

Safety Precautions:

Nontoxic, non-irritating and non sensitizing. Ylang Ylang has a strong aroma recommendation is to used in moderation as it can lead to headache and nausea.

History:

Ylang Ylang is native to Indonesia and the Philippines. In Indonesia the flowers are spread on the bridal beds of newly wed couples and throughout the region, an ointment of Ylang Ylang with coconut oil is used to alleviate skin conditions and as a for cosmetic and hair care products.

The major producers are in Madagascar and Reunion Islands. The distillation process is carried out in small stills to prevent damage to the delicate flowers. The oil is brought off in four or even five fractions, each fraction containing a different spectrum of chemical composition. Ylang Ylang is used extensively in cosmetics and fragrance oils.

Therapeutic Actions:

Anti-depressant, anti-septic, anti-spasmodic, balancing, hypo tensive, sedative, tonic sexual.

Enhances:

Sensuality, serenity, exuberance, warmth, relaxation, tenderness, libido

Reduces:

Stress, depression, nervous tension, insomnia, PMS, sexual indifference, frustration

Uses:

Circulation/Muscle: High Pressure, and palpitations

Nervous system: Anxiety, depression, frigidity, impotence, insomnia, and stress-related conditions.

Skin: Good for face especially oily skin – balances secretion of sebum

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more

than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Citrus Oils, Clary Sage, Geranium, Jasmine, Lavender, Neroli, Patchouli, Rose, Rosewood, Sandalwood, and Vetiver

Openness and Confidence		Calming Blend		Sensual Massage	
Ylang Ylang	3	Ylang Ylang	2	Ylang Ylang	3
Cedarwood	3	Chamomile Roman	2	Rose	3
Rosewood	3	Lavender	4	Jasmine	3
Total drops	9	Total drops	8	Total Drops	9
In Carrier	18 ml	In Carrier Oil	16 ml	Carrier	18 ml
Or Bath		Or Bath		Or Bath	