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# Helichrysum Essential Oil: Uses, Studies, Benefits, Applications Recipes (Wellness Research Series Book 9) (English Edition)

ANN SULLIVAN



**Helichrysum**  
**ESSENTIAL OIL**

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APPLICATIONS | STUDIES | RECIPES

*Par George Shepherd*

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## Description :

Prsentation de l'diteurDear Ann, I tend to bruised rather easily. Every time I bump up against something unexpectedly with too much force, I get a nice welt and an ugly bruise. Ive tried several OTC remedies and nothing has worked. I read a few of your essential oils books and wondered if you had any advice?For almost any skin inflammation, irritation, and/or discoloration, my best recommendation would be Helichrysum, followed by Lavender. Helichrysum is a wonderful supplement to any skin conditioning

regimen. I use Helichrysum and Lavender in several of the DIY skin care remedies I create here in the Sullivan household, and they are a favorite among my extended family and friends. Helichrysum has a long history of being used to help support wound repair of small scrapes, nicks, and cuts. It has also been historically used to support the treatment of skin inflammation, such as swelling around broken bones/joints. It has been heralded for its potential to relieve pain, and is a favorite among herbalists and naturalists. To Your Continued Wellness, Ann Sullivan

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