



Ylang Ylang Essential Oil

*by
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Find out more at www.reformedbohemian.com



Ylang Ylang Essential Oil

Ylang Ylang has a lovely floral scent that is excellent for easing depression, lifting mood and easing anxiety.

About Ylang Ylang

Ylang Ylang is a fresh uplifting oil that is really beneficial to those suffering with anxiety and depression. Having sedative properties it can be used to create a relaxed and soothing state and help induce a restful night's sleep.

Ylang Ylang has a particularly pleasant aroma which makes it a good addition to skincare products making the most of its antiseptic and anti-fungal properties to treat anything from acne to athletes' foot.



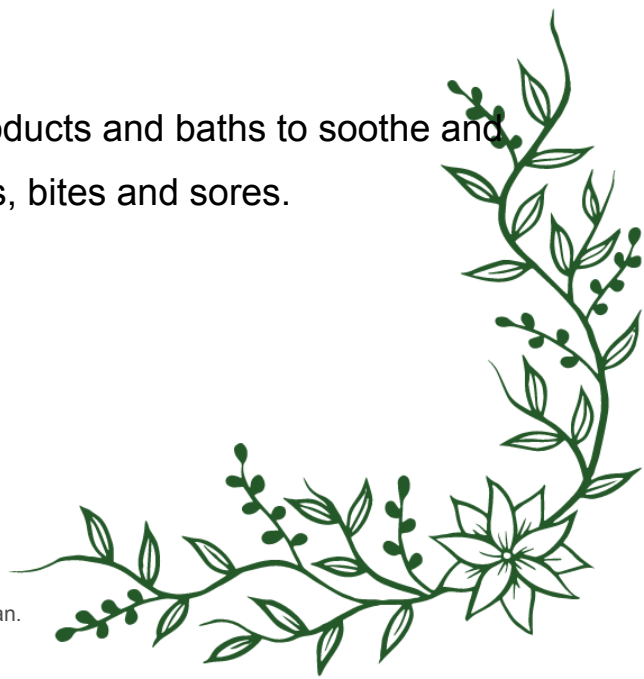
Healing Properties Of Ylang Ylang Essential Oil

Ylang Ylang essential oil has the following healing properties:

Properties

Powerful Antiseptic, Anti-fungal, Anti-viral, Expectorant and Insecticide.

- **Anxiety and depression** – Ylang Ylang is an uplifting oil that is really beneficial to those suffering with anxiety and depression due to its sedative and uplifting properties.
- **Relaxation and Insomnia** – with its sedative properties Ylang Ylang can be used to calm and soothe the mind helping to create a relaxed and soothing state which can help to induce a good night's sleep.
- **Hair care** – Ylang Ylang can also promote hair growth by preventing breakages.
- **High blood pressure** – Ylang Ylang can be used to regulate and calms the heart due to its hypotensive issues.
- **Sexual problems** – Ylang Ylang's aphrodisiac properties can be used to assist with problems such as impotence.
- **Skin care** – can be added to skincare products and baths to soothe and relieve skin conditions such as acne, boils, bites and sores.



Ways to use Ylang Ylang Essential Oil

Diffuse

- Ylang Ylang essential oil can be used in diffusers or oil burners. Using Ylang Ylang essential oil in this way is particularly beneficial in relieving anxiety and depression. It is an uplifting oil that has sedative properties so it is good for boosting the mood, relaxing the mind and helping to induce a good night's sleep.

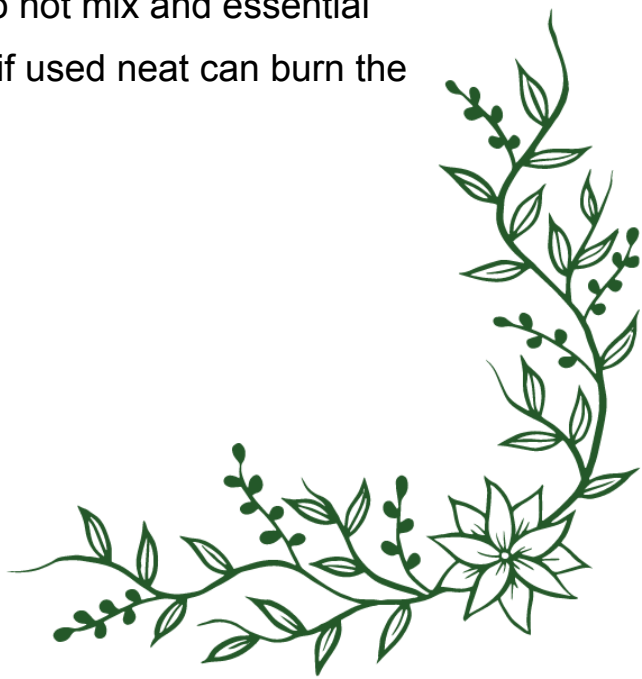
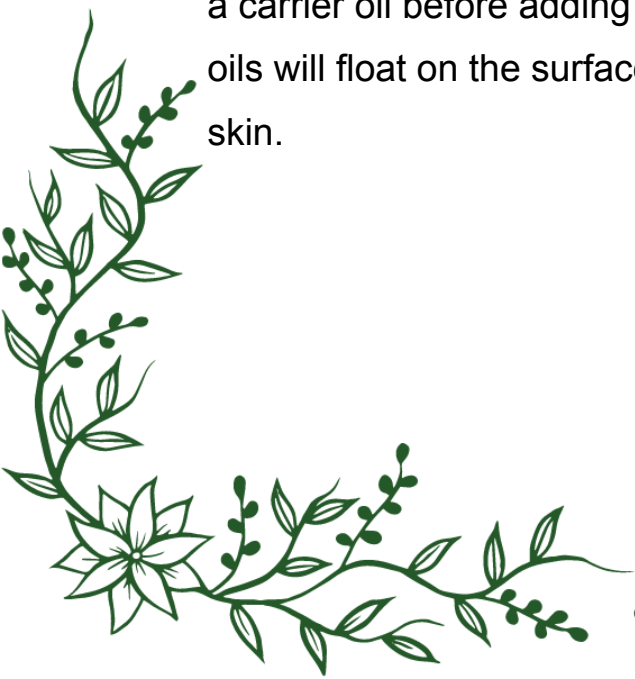
Diffuse 1 - 3 drops of Ylang Ylang essential oil in an oil burner or diffuser.

Bath

- Ylang Ylang essential oil can be added to a warm bath to relax the body and mind, it is perfect for soothing the stresses and tensions of the day and uplifting and boosting mood.

Add 1 - 3 drops of Ylang Ylang essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Cream

- Adding a few drops of Ylang Ylang to a base cream is a great way of harnessing its antiseptic properties to treat minor cuts and scrapes and to soothe skin conditions, acne, bites and stings.

Add up to 12 drops of Ylang Ylang essential oil to 30 ml of base cream.

Shampoo

- Add a few drops of Ylang Ylang essential oil to your normal shampoo to increase the circulation to the scalp which can improve hair growth, it can also help to prevent breakages.

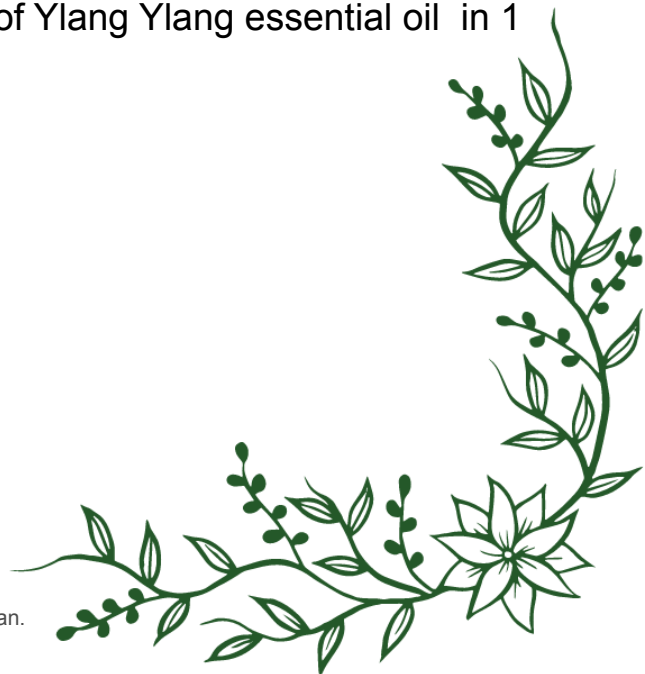
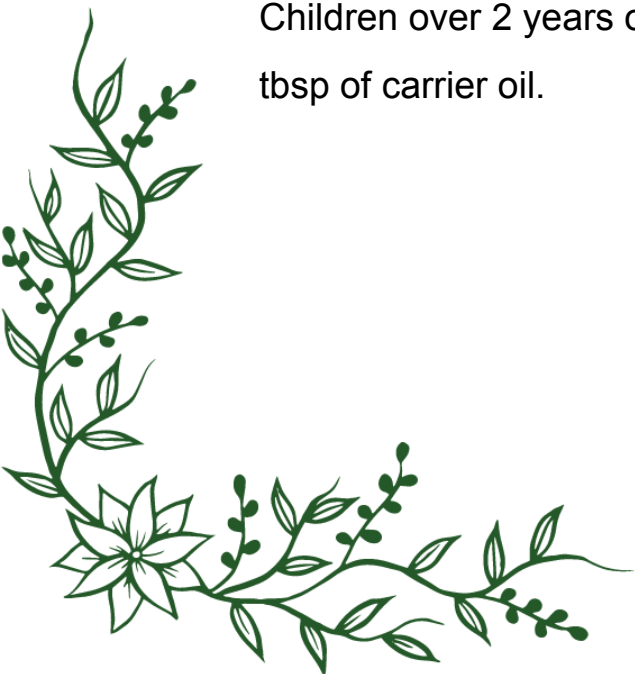
Add 10 – 12 drops of Ylang Ylang essential oil to your normal shampoo.

Massage

- Massage is a great way of relaxing the body and mind, Ylang Ylang is perfect for creating a relaxing atmosphere and soothing away tension and stress.

Adults - up to 7 drops of Ylang Ylang essential oil in 1 tbsp of carrier oil.

Children over 2 years old - up to 3 drops of Ylang Ylang essential oil in 1 tbsp of carrier oil.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Ylang Ylang goes particularly well with oils such as:

- Bergamot
- Geranium
- Grapefruit
- Lemon
- Marjoram
- Sandalwood
- Vetiver



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

There are no apparent warnings associated with Ylang Ylang.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Ylang Ylang is one such oil.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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