

ELEMI

Canarium luzonicum

10ml

*HB*Naturals
PRODUCT INFORMATION PAGE



application

Aromatic • Bath • Topical

properties

Wildcrafted

Producing Organ: Resin

Extraction: Steam Distillation

Country of Origin: Philippines

Safety Group: #3

Main Chemical Constituents: phellandrene, dipentene

Therapeutic Properties: Antiseptic, balsamic, cicatrizant, expectorant, fortifying, regulatory, stimulant, stomachic, tonic

uses

- Add 5-6 drops to ½ cup Pink Himalayan or Dead Sea salts and stir into warm water for a soothing, rejuvenating bath.*
- Use 5-6 drops in ¼ cup Pink Himalayan or Dead Sea salts for a relaxing foot bath.*
- Diffuse 10 to 20 drops for up to 20 minutes every hour to ease congestion and lift & support mood and emotional balance.*
- Inhale a drop or two from a tissue or cotton ball as needed.*
- Dilute 2 drops per 1 teaspoon carrier or massage oil and massage into back or chest for respiratory relief.*
- Dilute with carrier or massage oil for applying to large areas.*

product summary

Elemi trees are tall, tropical trees native to the Philippines. The name 'elemi' comes from an Arabic phrase meaning 'above and below', and reminds us that the sacred resin in the tree supports our well-being on both the spiritual and the physical planes.*

Used extensively in ancient Egypt and the Middle East, and later throughout Europe, Elemi has a long history of use in both medicinal and cosmetic formulas. Often found in skin care, soaps, and incense formulas, Elemi is still used extensively in therapeutic preparations. Highly regarded as a fixative, the Egyptians used Elemi resin as a part of the embalming process.*

In addition to skin conditions (scars, wrinkles, chapped skin, acne, etc.), Elemi can be used for muscle and nerve pain, infections (bronchitis, chest, cuts and wounds), ulcers, coughs, inflammation (breast and uterus), and rashes.*

Elemi blends well with spice oils such as Cardamom, Cinnamon, and Ginger, or flowers such as Geranium, Lavender, and Melissa. It also blends well with trees and resins such as Frankincense, Galbanum, Myrrh, Rosewood, and Sandalwood.*

responsible cautions

- Keep out of reach of children and pets.
- Not for use during pregnancy or while breastfeeding.
- Store away from sunlight, at room temperature, with the lid securely tightened.

*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.