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# Angelica Root Essential Oil by Amrita

Have you ever wondered how nature's powerful plants can enhance your well-being? When you explore the soothing world of essential oils, you might find Angelica Root Essential Oil by Amrita to be a fascinating option to consider.

## Recommended Brands:

[Angelica Root Essential Oil by Amrita](#)

## Product Overview

Angelica Root Essential Oil comes in a diverse range of sizes, starting from a 3ml bottle all the way up to a substantial 1kg jar. With a competitive price of **\$43.00**, this oil is accessible for anyone looking to harness its unique benefits. The extraction process is noteworthy as well, employing steam distillation from the root of the **Angelica archangelica** plant—a technique that captures the potent characteristics of the plant effectively.

## Plant Description

Angelica is more than just an essential oil; it has a rich heritage. Often referred to as **Wild Celery** or **Norwegian Angelica**, this biennial herb belongs to the Apiaceae family. You may



notice that it shares superficial resemblances with ginseng and dong quai. Its robust presence can be recognized by its earthy, musky aroma, tinged with subtle citrus undertones. Such a fragrance brings to mind the vibrancy of nature itself, capturing the essence of the great outdoors.

## Cultural and Historical Significance

The history of Angelica Root Essential Oil paints a fascinating picture. Its origins span back to **Scandinavia** in the 10th century, where it was revered for both its medicinal and culinary applications. Could you imagine a time when this plant was a staple for detoxification and digestive health?

Throughout the years, Angelica has been linked to various healing practices. It is traditionally regarded as a remedy for digestive relief and respiratory ailments. What's even more intriguing is its association with **St. Michael the Archangel**—a symbolism that adds an air of mystique. Legend has it that the plant is believed to bloom on his feast day, further solidifying its place in cultural history.

See also [Elemi Essential Oil](#) by Amrita

## Aromatic Profile

Why should you care about the fragrance of an essential oil? Well, aroma can evoke feelings and memories, and Angelica Root does not disappoint. This essential oil carries a **warm**, **herbal**, and **spicy** fragrance, enriched with deep musky and woody notes. It falls into the middle note category, meaning its scent can linger, providing a soothing experience that's perfect for relaxation and grounding.







## Therapeutic Benefits

Understanding the therapeutic benefits of Angelica Root Essential Oil can illuminate why it's such a valued ingredient in aromatherapy.

1. **Grounding and Energizing Effects:** Many users find that this oil helps them feel more centered while simultaneously providing a boost of energy.
2. **Digestive Support:** Angelica Root has properties that ease indigestion, bloating, and gas, allowing you to feel at ease.
3. **Improved Breathing:** If you struggle with respiratory issues, this oil may aid in easier



breathing and soothe irritated airways.

4. **Mood Enhancement:** Feeling anxious? Its uplifting qualities might help reduce stress and foster a sense of calm, making it perfect for moments when you seek tranquility.
5. **Anti-Inflammatory and Anti-Anxiety Properties:** Rich in compounds that promote overall well-being, this essential oil could be valuable for those dealing with anxiety or inflammation.

## Safety Precautions

Your safety matters the most when using essential oils. With Angelica Root Essential Oil, there are a few cautions to keep in mind:

- It is highly phototoxic, meaning that you should avoid sun exposure for at least **eight hours** after applying this oil to your skin.
- Pregnant individuals, as well as babies and young children, should steer clear of this oil due to potential risks.
- Always dilute the oil before applying it to your skin, and consult professionals if you have any uncertainty.

## Application Methods

How can you harness the wonderful properties of Angelica Root Essential Oil? Here are some effective application methods you might consider:

- **Diffusion:** Add a few drops to your diffuser to fill your space with its grounding aroma.
- **Inhalation:** Breathe it in directly from the bottle or from a cotton ball for immediate effects.
- **Topical Massage:** Dilute in a carrier oil and massage into areas where you feel discomfort.
- **Targeted Application:** Use it specifically on areas that require relief, like your stomach for digestive concerns or chest for respiratory ease.

See also [Rose Absolute by Amrita](#)

## Blending and Uses

Angelica Root Essential Oil blends well with several other oils, enhancing its benefits. Consider mixing it with **Atlas Cedarwood**, **Cypress**, **Juniper Berry**, **Palmarosa**, or **Patchouli** for a harmonious and therapeutic blend.



## 8 Ways to Use Angelica Root Essential Oil

1. **Relaxing Bath:** Add a few drops to your bath for a soothing experience.
2. **Stress Relief:** Use it in a personal inhaler during stressful moments.
3. **Massage Oil:** Create a calming massage blend with your favorite carrier oil.
4. **Air Freshening Spray:** Combine with distilled water to freshen the air in your home.
5. **Skin Care:** Blend with a nourishing carrier like jojoba oil for skin applications.
6. **Meditation Focus:** Add to your meditation practice by using it in a diffuser.
7. **In a Candle:** Add a few drops to handmade candles for an aromatic experience.
8. **Natural Perfume:** Use it in your DIY perfume recipes for a unique scent.

## Aroma

The aroma of Angelica Root Essential Oil remains one of its most defining characteristics. This warm, herbal scent evokes feelings of comfort and relaxation, making it an ideal addition to various self-care routines. Its rich, earthy fragrance appeals to those seeking a connection with nature, offering both grounding and uplifting effects.

## Constituents

You might be curious about what makes up Angelica Root Essential Oil. Some of the primary components include:

- **Alpha-pinene:** Known for its fresh scent and can help improve concentration.
- **Beta-pinene:** Often associated with its calming effects.
- **Beta-caryophyllene:** Known for its spicy, woody aroma and potential anti-inflammatory benefits.
- **Limonene:** Adds a citrus note while potentially offering mood-lifting properties.

Understanding these constituents helps you appreciate how the oil's composition contributes to its therapeutic benefits.

## Cautions

While Angelica Root Essential Oil offers numerous advantages, it's essential to use it with care. The oil is seemingly magical yet powerful, and caution is particularly advised due to the potential for uterine contractions. If you are pregnant, it's a good idea to completely avoid this oil. As general advice, ensure that you always do a patch test before wider application to your skin.

See also [Jasmine Essential Oil](#) by Rocky Mountain Oils





## Conclusion

As you consider the myriad benefits of Angelica Root Essential Oil, remember how versatile this oil can be in enhancing your physical and emotional well-being. Its rich history, aromatic profile, and therapeutic uses make it a valuable addition to any essential oil collection.

