



Is it possible for a simple blossom from a tree to captivate the senses and offer a multitude of therapeutic benefits? The answer lies in the enchanting allure of Ylang Ylang Extra Organic Essential Oil, a fragrant delight derived from the blossoms of the *Cananga odorata* tree. Particularly revered for its aromatic and curative properties, this essential oil stands out remarkably in the world of natural wellness solutions.

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# Ylang Ylang Extra Organic Essential Oil

## Overview

Ylang Ylang Extra Organic Essential Oil is renowned for its intensely sweet and floral fragrance. Traditionally, it has found favor in perfumery for its unique scent, reminiscent of a tropical garden in full bloom. Originating primarily from Madagascar, Ylang Ylang oil is extracted through a meticulous steam distillation process from the fresh blossoms of the *Cananga odorata* tree. Notably, the 'Extra' in Ylang Ylang Extra denotes that this oil is collected during the initial fraction of distillation, offering a top-tier, potent aroma that sets itself apart.

Derived from a process that respects and preserves its natural integrity, Ylang Ylang Extra carries an array of therapeutic benefits. Beyond its sensory appeal, it is traditionally cherished for its aphrodisiac properties. Historical references describe its widespread use in hair care and skin treatments, symbols of traditional wellness regimens.



## Therapeutic Benefits

### Nervous System: Upliftment and Tranquility

A cornerstone of Ylang Ylang Extra's appeal lies in its ability to support the nervous system. With its calming scent, it acts as a natural mood enhancer, alleviating anxiety, easing depression, and reducing anger and tension. Scientific studies suggest that the inhalation of Ylang Ylang oil can lower stress responses, fostering a sense of peace and emotional balance.

See also [Cornmint Organic Essential Oil](#) by Amrita

### Circulatory System: Harmonizing Blood Flow

The circulatory benefits of Ylang Ylang Extra Essential Oil are significant. With natural properties that help lower blood pressure, it proves beneficial in maintaining cardiovascular health. Additionally, its gentle, antispasmodic effects can ease muscle spasms, providing a soothing balm for stressed tissues and encouraging healthy circulatory processes.

### Integumentary System (Skin/Hair): Nourishment and Care

Ylang Ylang Extra Essential Oil is a boon for the skin and hair. With its anti-inflammatory properties, it works to reduce skin inflammation and clear imperfections, lending to a healthy complexion. For hair, it supports a nourished scalp, reducing dryness and promoting overall hair vitality, making it a staple in personal care routines.

## Aroma and Constituents

The aroma of Ylang Ylang Extra is a heady mix of floral and sweet notes, nuanced yet deeply aromatic. The principal constituents contributing to its unique fragrance comprise linalool, caryophyllene, germacrene, and farnesene. These compounds not only define its scent but also its therapeutic properties, playing critical roles in its anxiolytic and soothing effects.

#### Constituent

#### Properties

Linalool	Calming, reduces stress and improves mood
Caryophyllene	Antimicrobial, anti-inflammatory
Germacrene	Antioxidant, supports circulatory health
Farnesene	Soothing, aids in skin and hair health

## Blending and Uses



## Ideal Pairings for Aromatic Harmony

Ylang Ylang Extra blends harmoniously with various other essential oils, enhancing its fragrance and broadening its therapeutic applications. Notable pairings include Cardamom, Clary Sage, Nutmeg, Patchouli, and Rosewood. These combinations can create a more complex aromatic profile, suitable for personalizing perfumes or developing custom therapeutic blends.

## Eight Ways to Utilize Ylang Ylang Extra

1. **Aromatherapy Diffusion:** Introduce a few drops into a diffuser to create a calming atmosphere at home.
2. **Natural Perfume:** Combine with a carrier oil and apply as a natural fragrance.
3. **Aromatherapeutic Bath:** Add to a warm bath to soothe nerves and relax muscle tension.
4. **Skin Serum:** Mix with a carrier oil like jojoba for an enriching skin treatment.
5. **Hair Treatment:** Include in a leave-in conditioner for improved hair health.
6. **Massage Oil:** Create a massage blend for relaxation and reducing muscle spasms.
7. **Facial Toner:** Add to a facial mist for a refreshing skin tonic that reduces blemishes.
8. **Mood Enhancer:** Inhale directly from the bottle or through steam inhalation for its mood-boosting effects.

See also Ravintsara Essential Oil (Ho Wood) by Rocky Mountain Oils

## Safety Considerations

Despite its numerous benefits, the use of Ylang Ylang Extra Essential Oil should adhere to certain precautions. Though generally safe, excessive use can lead to headaches or nausea. It is advisable to dilute the oil in a suitable carrier oil before applying it to the skin to prevent irritation. Moreover, while it bears a USDA Organic certification, it is important to note that it isn't evaluated by the FDA for medical purposes. Always consult with a healthcare provider if any condition persists.

## Conclusion

Ylang Ylang Extra Organic Essential Oil stands as a testament to nature's profound ability to nurture and heal. Its aromatic appeal, combined with a spectrum of wellness benefits, makes it a versatile and invaluable addition to any aromatherapeutic practice. From enhancing moods to supporting skin and hair health, its range of applications underscores its status as a fragrant jewel in the realm of essential oils.



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