

Source : Pierre Franchomme, Daniel Pénol « L'aromathérapie exactement », Lydia Bosson « Hydrothérapie », Dominique Baudoux « L'aromathérapie », Christian Escriva « Les huiles essentielles corses »

☞ : Inhalation

🌀 : Diffusion

☪️ : Oral (with sugar, honey, edible vegetable oil, neutral tablets)

☞ : Dermal (diluted in vegetable oil) massage, friction

## METHOD OF ADMINISTRATION

Must be protected against light and heat in a dry place. Do not exceed the recommended daily dose. The essential oils are not suitable for pregnant, breast-feeding women and young children. Test it first by putting a little inside the wrist before using an essential oil. Essential oils are very concentrated products : always dilute them with vegetable oil, shower gel or neutral base. Avoid contact with eyes (in case of contact rinse abundantly with vegetable oil). Hormone-like, estrogen-like and cortisone-like essential oils should not be used in case of hormonal dependent pathologies (pathologies that develop because of hormones). These essential oils are composed of molecules that can act as estrogen/cortisone and other hormones of the body. Ask for medical advice.

## USE PRECAUTIONS ESSENTIAL OILS

## FLORAL WATER APPLICATION

Floral water (hydrolat) are obtained by plants steam distillation, they are very rich in plants active ingredients.

🌿 **Cosmetic purposes** : cutaneous tonic (soothing, cleanser, emollient, firming, tonic, purifying according to the plant) spray

directly into the face / body or on a cotton pad.

🌿 **To vitalize** and prepare the skin for makeup application in the morning. After makeup removal routine in the evening and refresh

your skin any time of the day

🌿 **Purifying mask** (with green clay)

🌿 **Cleanser** / soothing for babies and children's skin

🌿 **Natural deodorant** (body, laundry) Purifying and refresh the air

of your home

🌿 **Self care / sleep** : ambient mist, pillow mist, aromatic bath

🌿 **Hydrotherapy use** : 1 coffee spoon in a glass of water twice a day (during 3 weeks)

🌿 **Culinary use** : aromatize meal, desserts, drinks

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Route de Poggio | 20243 Prunelli di Fiumorbo  
[www.domaineamuredda.fr](http://www.domaineamuredda.fr) | +33 (0)6 25 61 32 49

## BAY LAUREL (*Laurus nobilis*)

Anti-inflammatory (arthritis, polyarthritis, rheumatism, muscular stiffening), analgesic, antispasmodic, expectorant, anti-infection, antibacterial, influenza, stomatitis, gum disease, aphtha, tooth pain, cutaneous, vaginal and digestive mycosis, bloat, ears infection, anxiety, psychosis, depression, phobia, fears / *Allergenic*  
Floral water : *oily and mixed skin, acne, dental health (mouthwash, gum bleeding)*

## BOURBON GERANIUM (*Pelargonium asperum* cv Bourbon)

Antispasmodic, antibacterial, anti fungal, relaxing, mycosis, rheumatism, arthritis, hemorrhoids, phlebitis, itchy skin, skin irritation, eczema, wounds, burn, dermatosis, rosacea, stretch mark, hot flashes, against mosquitoes, depression, stress  
Floral water : *skin soothing, oily and mature skins, dilated pores, sunburn, acne, vaginal mycosis (irrigation)*

## CLEMENTINE TREE PETITGRAIN (*Citrus reticulata*)

Antispasmodic, calming insomnia, anxiety, stress, skin problems, acne, eczema, boil/furuncle / *Contraindications : children under 10 years old*  
Floral water : *Oily and mixed skin, acne*

## COMMON SAGE (*Salvia officinalis*)

Perimenopause and menopause, hot flashes, amenorrhoea, genital herpes and vaginitis. Clear out the respiratory tract, thin secretions and help the immune system resistance, influenza, bronchitis, sinusitis, regenerating and healing damaged skins, biliary failure and hypercholesterolemia  
Floral water : *regulate excessive sweat, purify and balance sebum secretions, cleanse the skin, mouth ulcer ( use as mouthwash)*

*Contraindication : children under 12 years old. Neurotoxic and abortient. Oestrogen like. Must be used as floral water only*

## EUCALYPTUS GLOBULUS (*Eucalyptus globulus*)

Antimicrobial, antiviral, antibacterial, antiseptic, expectorant action, influenza, nasopharyngitis, laryngitis, otitis, sinusitis, bronchitis, bronchopneumonia / *Contraindications : epileptic person and cardiac issue. People who suffer from asthma or epilepsy. Cortisone-like*  
Floral water : *sebum secretion regulating, oily skin, acne, sore eyes, styes, pinkeye*

## EVERLASTING (Italian Helichryse) (*Hélichrysum Italicum* subsp. *Italicum*)

Against hematoma, healing, anti-inflammatory (arthritis, polyarthritis, rheumatism), anticoagulant, antispasmodic, toning blood circulation (phlebitis, varicosity, rosacea), bronchitis, spasmodic cough, cholesterol, herpes, psoriasis, eczema, dermatosis, acne, reduce fine line and wrinkles. / *Contraindications : anticoagulant or hypertension treatments, hemophilia, epilepsy. Cortisone-like*  
Floral water : *heartburn, wrinkles, sunburn, all skin types, emotional pain*

## EXOTIC BASIL (*Ocimum basilicum*)

Antispasmodic (gastro-enteritis, urinary and uterine spasms, dysmenorrhea, cramps, transports sickness, vomiting, hiccup, indigestion), digestive tonic (heartburn, constipation, aerophagia, flatulence), antiviral (hepatitis A and B, gastro-enteritis, diarrhea), neuro regulating (anxiety, nervousity, depression, headache, mental fatigue, overwork), anti inflammatory and analgesic (osteoarthritis, arthritis, carpal tunnel, neuralgia). Promote both concentration and self-confidence / *When used purely it is dermocaustic*  
Floral water : *tired and dull skin*

## GREEN MYRTLE (*Myrtus communis*)

Expectorant, bronchitis, sinusitis, rhinitis, asthma, dry cough, cystitis, venous decongestant, lymphatic, prostatic, otitis, immune deficiency, indigestion, mycosis, acne, psoriasis, lice / *Cortisone-like*  
Floral water : *ocular antiseptic (conjunctivitis, sty), dark circles and puffiness (on a compress), relieve smoking and repare lungs, irrupted skin, wrinkles skin, acne, vaginal mycosis (irrigation), hay fever*

## GUM ROCKROSE (*Cistus ladaniferus*)

Hemostatic, healing, anti-infection, antiviral, antibacterial, immune system stimulating, auto-immune diseases, viral diseases (varicella, measles, rheumatoid, arthritis, multiple sclerosis), hemorrhage, bleeding, ulcerative colitis, infected wounds, cut, scars, wrinkles, insomnia / *Hormone-like*  
Floral water : *Bleeding wounds (antiseptic, anti-hemorrhagic) injuries, antiseptic, anti hemorrhage, acne skin, dilated pores, wrinkles, shaving cut*

## LEMONGRASS (*Cymbopogon winterianus*)

Anti-inflammatory, antibacterial, anti fungal, digestive tonic, antiseptic, deodorant, arthritis, tendonitis, rheumatism, digestive and hepatic failure, cellulite, essential oils, excessive sweating, repelling mosquitoes / *When used purely it is dermocaustic*  
Floral water : *oily and mixed skin, deodorant*

## LEMON-SCENTED VERBENA (*Lippia citriodora*)

Anti-inflammatory (rheumatism, inflammation of joints, muscles and tendons), anti neuralgic, pancreas and gallbladder stimulating, stress, anguish, insomnia, depression, spasm and pain before menstrual cycle, constipation, Crohn's disease, psoriasis, hypertension  
*Contraindications : people having demartitis, sensitive or allergic skin. Photosensitive, allergenic. When used purely it is dermocaustic. Hormone-like*  
Floral water : *all skin types, sensitive skin, lack of confidence, weariness, mental fixation*

## LENTISK (*Pistacia Lentiscus*)

Venous decongestant, lymphatic and prostatic, varicose veins and heavy legs, edema, water retention, hemorrhoids, thrombosis, gastric ulcer, spasmodic colitis, sinusitis and chronic bronchitis, prostatitis  
*Contraindications : people who suffer from asthma or epilepsy. When used purely it is dermocaustic. Cortisone-like*

Floral water : *Gum disease, tooth decay (mouth wash), lumpy skin, dark circles and puffiness (on a compress)*

## LINALOL THYME (*Thymus vulgaris linaloliferum*)

Antibacterial, antiviral, anti fungal, antiparasite, psychic tonic, nervous fatigue, oral diseases, bronchopulmonary and urinary, sore throat, stomatitis, bronchitis, bronchopneumonia, rhinitis, otitis, warts, psoriasis, gastritis, cystitis, pyelonephritis  
Floral water : *activate immune system, antiseptic, nervous balancing*

## PEPPERMINT (*Mentha piperita*)

Analgesic, anti-inflammatory (arthritis, rheumatism, tendonitis), anti-infection, antiviral, antibacterial, anti fungal, tonic and stimulating, expectorant, headache, sciatic, indigestion, gastric acidity, vomiting, vertigo, motion sickness, ulcer, zoster, neuralgia, rhinitis, sinusitis, otitis, laryngitis, hypotension, rebalance nervous system  
*Contraindications : External use very localized ! epilepsy, estrogen related pathology. Estrogen-like*  
Floral water : *bad breath (mouthwash), hot flashes, skin soothing (itching, irritated skin), nervousity, anger, irritation*

## ROSEMARY VERBENONE (*Rosmarinus officinalis verbenoniferum*)

Pancreas, liver, gallbladder decongestant, antibacterial, antiviral, healing, invigorate blood pressure, bronchitis, sinusitis, laryngitis, otitis, hypotension, arrhythmia, palpitation, cholesterol, stimulate the memory and focus, hair loss, dandruff / *Contraindications : children under 12 years old and liver sensitivity. Do not use in case of bile duct obstruction, people who suffer from epilepsy. Cortisone-like*  
Floral water : *detox cure, purifies oily skin, acne sebum secretion regulating*

## SUPER LAVANDER (*Lavandula Hybrid*)

Antispasmodic, anti-inflammatory, antibacterial, anti-infection, antiseptic, healing, calming, relaxing, muscle contracture, cramps, headache, burns, dermatosis, eschar, varicose ulcer, hypertension, heart palpitations, insomnia, sleep disorders, anxiety, lice.  
Floral water : *skin soothing dilated pores, oily skin, acne*

## SWEET INULA (*Inula graveolens*)

Bronchospasm, emphysema, laryngitis, sinusitis, sore throat, help to flush the secretions out (mucolytic effects), stimulate the circulatory system, tone up the digestive and urinary systems. At an emotional level : boosts the emotional management, calm anxiety and it can remove the mental block. It regulates the cardiac functions.  
Floral water : *respiratory pathologies, ears infections. Stimulating and draining in case of cystitis or moderate renal failure. Treatment of vaginitis and vaginal candida.*

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