



Ylang-ylang

Latin names : *Cananga odorata* var *genuina*, *Unona odoratissima*

French names : Alang-ylang, Arbre à parfum, Fleur des fleurs

Other English names : Macassar-oil plant, Ilang-Ilang, Kenanga, Cananga

Extracted from : flowers (Madagascar)



What a smell!

Diffuse or spray it and feel the tropics enter your house! And, mind you, without any chemical horror like those you can find in air fresheners.

A few drops on the heart and here comes a happy night!

Imagine you come home after a long day at work, all stressed.

Imagine you are being nicely waited on, then offered a massage and finally relaxed, with Ylang-ylang.

Close your eyes, lower your shoulders, take a deep breath and let yourself go.

Well if your imagination can relax you this much, imagine what a real massage with this essential oil can do for you.

That's all it takes!

The plant, its legends and its botany

Aaaah sweetness !

Ylang-ylang is a tropical tree of the family of *annonaceae*. About 20 meters high in the wild, it does not grow that high in cultivation. Indeed, it is often pruned back in order to facilitate flower-picking. It has been done this way for generations.

And this tree responds surprisingly. It gives all the more flowers! The more it is taken care of, the more it gives. The more it is taken care of, the more fragrant its flowers are. It acts like a pasha. It likes to be looked after, cared of!

It is one of those trees which do, in the wild nature, exactly what it helps humans do via its essential oil.

Yellow to green flowers. Rarely rosy or purple at their base. Thin and long petals like straps, which twist like flames at the end.

Flowers are displayed on newlyweds' beds in Indonesia. Philippines plait necklaces with them, sometimes with Jasmine flowers or Sampiguita to give to people they love or to decorate sculptures and saints. Many perfumes in the industry use Ylang-Ylang as well as cosmetics.

Energetic properties

De-stresses and calms.

Helps you to switch off when the mind is obsessed by work.

Sensual and sweet.

Enhances Yin (receiving, passivity), hence, enables you to receive.

Reduces frustration and vexation.

Diminishes feelings of guilt.

Brings you back to your body.

Chakras

2nd chakra

Doshas

Diminishes Vata's stress, fears and hyperactivity.

Calms Pitta's fire action.

Enhances Kapha's calmness and peacefulness.

Elements

Water, Earth, Ether

Standard chemotype

Monoterpenols (1-55% linalool, geraniol 1-3%)

Sesquiterpenes (germacrene-D 9 to 30%, beta-caryophyllene 4 to 20%, alpha-farnesene 2 to 10%, delta-cadinene traces up to 10%, alpha-humulene, alpha-murolene)

Sesquiterpenols (alpha-cadinol 0.1 to 2%, tau-cadinol 0.1 to 2%, trans-trans-farnesol, tau-Murola)

Esters (benzyl benzoate 6 to 12%, geranyl acetate 2.5 to 10%, benzyl acetate 1.5 to 10%, farnesyl acetate, benzyl salicylate)

Ketones: None.

Furanocoumarins: None.

Batch chromatography

Batch, YLDB975N016 (PDF, 332)

Batch, YY115198 (PDF, 606 Ko, French)

Contraindications and limitations of use

No contraindication within physiological dosage.

Keep out of reach of children.

Children, pregnant women: no contraindications within physiological dosage.



The information on these pages is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep up to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way. Texts: external consultant Marc Ivo Böhning and Geraldine Viatte