

Italian helichrysum

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Main category: Floral water

Description

Italian helichrysum hydrosol Psycho-emotional Emotional shock, emotional insomnia Therapeutic properties Mild anticoagulant, healing, anti-inflammatory Indications Lymphatic and venous activator, sunburn, fractures, contusions, hematomas, heavy legs, varicose veins Internal use: Take 1 tsp per glass or 1 tbsp for 1 liter of water. Can also be used in cooking, baking and even to make cocktails. External use: Soak a cotton pad and pass it over your face morning and evening. You can also use it as a compress or spray it as a fine mist, depending on your needs. 200ml

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