

## Ylang ylang

### *Cananga odorata var. genuina* - Annonaceae

Native to south east Asia, cananga is an evergreen tree which reaches a height of 20 metres, bearing large, shiny oval leaves and masses of yellow fragrant flowers.

|                                              |                                      |                        |
|----------------------------------------------|--------------------------------------|------------------------|
| <b><u>Place of Origin</u></b>                | <b><u>Part of plant used</u></b>     | freshly picked flowers |
| Comoro Islands, Madagascar, Reunion          | <b><u>Method of Extraction</u></b>   | Hydro Distillation     |
| <b><u>Characteristics</u></b>                | <b><u>Yield</u></b>                  | 1.5-2%                 |
| Colour: Pale yellow<br>Perfume notes: Middle | <b><u>BF</u></b><br><b><u>TR</u></b> | 2-4<br>D               |

Aroma

### **Chemical Composition**

|                 |                           |   |           |               |                 |   |       |
|-----------------|---------------------------|---|-----------|---------------|-----------------|---|-------|
| Esters          | benzyl benzoate           | % | 5-7       | Monoterpenols | <b>linalool</b> | % | 15-19 |
|                 | benzyl acetate            |   | 5         |               | <b>geraniol</b> |   |       |
|                 | <b>geranyl acetate</b>    |   | <b>6</b>  |               |                 |   |       |
| Sesquiterpenols | <b>beta-caryophyllene</b> |   | <b>10</b> |               |                 |   |       |
|                 | <b>germacrene</b>         |   | <b>10</b> |               |                 |   |       |

***4 Grades of ylang ylang are produced from fractional distillation - the very best quality i.e. the 1<sup>st</sup> available fraction of distillate is known as ylang ylang extra - this has a higher ester content than subsequent distillations, sold as grades 1, 2, & 3. For therapeutic quality, ylang ylang extra should be used.***

### **Properties:**

**Antidepressant, anti-inflammatory, hypotensive, nervine, sedative, aphrodisiac, euphoric, skin tonic**

### **Precautions:**

Non-toxic, non-irritant, Can cause sensitisation in some individuals J caution with hypersensitive skin

Overuse may cause headaches

## ***Cananga odorata var. genuina - Annonceae***

### **Indications**

#### **Circulatory system**

Hypertension, palpitations

#### **Musculo Skeletal System**

#### **Digestive System**

#### **Nervous System**

Depression, anxiety, stress related tension, irritability, apathy, postnatal depression, insomnia, Nervous system tension, mood swings

#### **Genito Urinary/Gynaecological**

menopausal imbalances, mood swings, PMT, all menstrual problems

#### **Respiratory System**

#### **Other**

#### **Skin/Hair**

General Skin Care, acne, alopecia, balances, sebum production, oily skins

### **Clinical Research**

Antibacterial activity shown against Staph. aureus.

Dr Tim Betts of Birmingham University's Neuropsychiatry Clinic has examined the role of essential oils in helping epileptics control their condition - aromatherapy was applied to those suffering particular stress with their epilepsy or where anxiety reinforced the seizures. Ylang ylang was found to be effective in helping them to control the condition, together with bergamot, lemongrass, chamomile and lavender oils.

### **Psychological uses**

Ylang ylang is recommended for those experiencing loss of confidence, fear and anxiety. As a traditional aphrodisiac the oil is very useful where these feelings affect a person's sexuality, relationships with others or leads to an inability to express their emotions. Similar to jasmine oil, it encourages us to recognise and value our emotional and sensual needs leading to a greater sensitivity towards ourselves and others. The soporific power of ylang ylang can be used to still and overactive mind and calm a hysterical or volatile nature.

### **Summary**

Sedative, hypotensive, skin tonic