

Ylang Ylang

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Botanical Name	Cananga odorata
Part Used	Flower
Origin	Indonesia, China
Class	Ester
Extraction	Steam distilled
Color	Light amber to yellow brown
Viscosity	Medium
Perfume Note	Middle-base
Aroma	Fresh, floral, sweet, slightly fruity, fragrant yet delicate. Intoxicating
Therapeutic Action	Aphrodisiac, anti-depressant, anti-infectious, anti-seborrheic, antiseptic, euphoric, hypotensive, nervine, regulator, sedative (nervous), stimulant (circulatory), tonic
Uses	Anxiety, depression, headache, libido-low, colds, sinus infection, scars, insect bites, anger, insomnia, acne, cough, hypertension, palpitations, stress
Constituents	Germacrene D, alpha-Farnesene, beta-Caryophyllene, (E,E)-Farnesyl acetate, Geranyl acetate, alpha-Humulene, delta-Cadinene, gamma-Cadinene, alpha-Copaene, Benzyl benzoate, Benzyl salicylate, T-Amorphol, (Z,Z)-Farnesyl acetate
Safety	Non-toxic, non-irritant
Blends with	Bergamot, rosewood, vetiver, jasmine, mimosa, Peru balsam, rose

Ylang-Ylang Oil Information

Ylang-Ylang (*Cananga odorata*) is a tall tropical tree about 60 feet high with large delicate flowers that come in shades of yellow, mauve, or pink. The name Ylang Ylang (pronounced (ē'läng-ē'läng) means *flower of flowers*. The yellow flowers are preferred for the extraction of the essential oil. The flowers are steam distilled for about a day in fractionated rounds to separate the topmost, floral notes from the more earthy notes. There are usually four fractionations, or pressings, that occur during the distillation process. The fractionations are called 'extra' and then 1st, 2nd, and 3rd pressing. The extra contains the highest amount of esters and has the sweetest odor. It is the preferred pressing by perfumers and rarely used in aromatherapy. It is indigenous to Java, Sumatra, Reunion, Madagascar, and the Comoros Islands. The oil is characterized as intensely sweet, soft, floral-balsamic, with a slightly spicy scent and a creamy-rich top note.

Ylang Ylang Complete – This grade is comprised of all fractions of the ylang ylang essential oil from the Extra to Grades I, II, and III.

Ylang Ylang Extra – The most floral smelling of the grades. This grade is the perfumer's preference as it is the most full-bodied and has spicy background notes. This is the initial distillation and taken at one hour into the process.

Ylang Ylang I – This is the most floral after the extra. It is obtained during the second to third hour of distillation.

Ylang Ylang II - This grade is less floral than Ylang Ylang I. It is obtained during the third to fourth hour of distillation.

Ylang Ylang III – This is the least floral, more earthy and the heaviest in scent. This grade is taken after one day of distillation. It is a great oil for soaps, candles, and other bath products.

Information compiled from:

[Julia Lawless, The Illustrated Encyclopedia of Essential Oils (Boston, MA: Element Books, 1999)]
[Robert Tisserand, Essential Oil Safety (United Kingdom: Churchill Livingstone, 1999)]
[David G. Williams, The Chemistry of Essential Oils (United Kingdom: Micelle Press, 1997)]

General Safety Guidelines:

- Never use essential oils undiluted on the skin.
- Do not use essential oils on or near the eyes.
- Essential oils should not be taken internally.
- To check for allergic reactions or skin sensitization do a skin patch test before using a new oil. Place a small amount of the oil (diluted) on the inside of the forearm. If redness, itching, burning, or blistering occurs within 24 hrs. discontinue use.
- Some oils (such as citrus, pine) become sensitizing as they age. A good rule of thumb is to avoid using on the skin after about 6 months.
- If you have health conditions such as asthma, epilepsy, cancer, high blood pressure, etc. or are pregnant check the contraindications/cautions of the oils before use.
- Always use the smallest amount of oil that will do the job.
- Do not let children use essential oils without proper supervision.
- Essential oils are flammable. Keep away from fire and ignition sources.
- When in doubt consult with a qualified aromatherapist on the proper use of essential oils.
- Always remember that essential oils should never replace proper medical care. If you are under medical supervision consult with your practitioner before use.
- These safety guidelines are not to be considered complete and all-inclusive. When in doubt, consult your physician and/or a qualified aromatherapist.

Disclaimer Notice: This information is provided for educational purposes only. No claim is made to the accuracy of these statements nor is the information to be considered all inclusive of the properties of the respective essential oils. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.