

# RELAXING SOLUTION



## EXOTIC YLANG YLANG

Relaxation Candle Lamp Diffusion

The rich, exotic aroma of the ylang ylang flower is powerfully relaxing and especially romantic when diffused with a candle lamp.

**Ingredients:**

1/4 cup water

6 drops Aura Cacia® ylang ylang essential oil

2 drops Aura Cacia® mandarin orange essential oil

2 drops Aura Cacia® bergamot BF essential oil

**Directions:** Place ingredients in the bowl of a candle lamp diffuser. Light candle for approximately 15 minutes.

**PLANT PART USED**

flowers

**SOURCE**

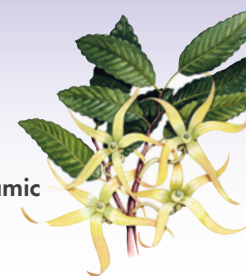
Madagascar

**AROMA PROFILE**

intense, floral, sweet, balsamic

**AROMATHERAPY BENEFITS**

romantic, exotic



## Ylang Ylang

Cananga odorata

The sweet, intense floral aroma of ylang ylang ("flower of flowers") is prized in perfumes. The oil is also used in soaps, detergents and other cleaning products and is a key ingredient in many skin-care and hair-care blends. Ylang ylang is a very soothing addition to the aromatherapy repertoire. It combines especially well with rose absolute for ultimate sensuality and also blends well with lavender, geranium and bergamot. An excellent choice for those who love the scent of flowers.

For more information and recipes for every season visit [www.auracacia.com](http://www.auracacia.com)



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