

YLANG YLANG—The Flower of Healing and Harmony

Maria Low



Origins and Cultivation

Ylang Ylang embodies a unique essence not found in other flowering plants. (*Note that it's pronounced "Lang Lang," with the Ys silent.*)

Ylang Ylang is a tropical tree native to Southeast Asia, Indonesia, the Philippines, Madagascar, Reunion Island in the Pacific, and at the *Young Living Finca Botanica Farm* in Ecuador. The tree produces star-shaped, yellow flowers that are used to produce essential oil, valued in perfumery and aromatherapy for its sweet, floral, and exotic scent. Ylang Ylang is known for its calming, mood-boosting properties.

Visitors to the Ecuador farm, especially those feeling unwell, are encouraged to stroll among the rows of Ylang Ylang, particularly in the evening when the flowers release a gentle mist of their calming oil into the air. This fragrance soothes the nervous system, instills a sense of peace, and fosters a connection to one's spiritual life, relationships, and emotional wounds.

Cultural Significance

In the South Pacific, women adorn their hair with Ylang Ylang flowers and apply the oil to their hair and skin. The oil's captivating aroma is said to attract romantic interest. In Indonesia, it is customary for newlyweds to find yellow Ylang Ylang petals scattered on their marriage bed. Modern women often dab Ylang Ylang oil on the hem of their dress for an evening of socializing.

Emotional and Spiritual Benefits

Known as the "Flower of Flowers," Ylang Ylang is believed to balance masculine and feminine energies, enhance spiritual awareness, and promote emotional healing. Regular users report improved relationships with their mother or grandmother, feeling inspired to reconnect and address challenges. By calming the nervous system, Ylang Ylang reduces stress, softens emotional barriers, and encourages love to flow freely. The oil's molecular weight allows it to linger on the skin, and when inhaled, it positively influences the brain through the limbic system, circulating its benefits throughout the body.

Health and Therapeutic Uses

According to the *Essential Oils Desk Reference*, Ylang Ylang alleviates conditions such as anxiety, inflammation, cardiovascular issues, hypertension, hair loss, skin care, and intestinal problems. Its fragrance helps dispel anger and low self-esteem, enhances mental clarity, flushes negative energy, and promotes confidence and peace. In regions where Ylang Ylang is integral to daily life, people tend to harbor fewer negative emotions.

Ylang Ylang can be applied directly from the bottle or diluted with a carrier oil for sensitive skin or children. It can be used on the scalp, hair, Vita Flex points on the feet and ankles, or any desired area. It can also be diffused, added to beverages as a dietary supplement, or worn as a fragrance or perfume. Many Young Living products, including skin care, bath gels, and Rose Ointment, contain Ylang Ylang.

Caution: Use sparingly if you have low blood pressure. Ylang Ylang makes a thoughtful gift and is an excellent introduction to essential oils for teenagers interested in learning more.

Ylang Ylang Circulation Blend Recipe:

May support cardiovascular function, reduce hypertension, alleviate stress, improve hemorrhoids, and enhance lymphatic system health.

- 24 drops Goldenrod
- 10 drops Cypress
- 8 drops Marjoram
- 5 drops Ylang Ylang

Apply directly to the desired area or dilute with a carrier oil for sensitive skin.

Emotional Release Blend Recipe:

This blend promotes harmony, helps release anger and anxiety, and fosters peace at a cellular level. It is potent and may require dilution with a carrier oil, such as Young Living's V-6. Apply to the ears or the vagus nerve behind the ear for enhanced effect.

- 20 drops Chamomile
- 30 drops Ylang Ylang
- 25 drops Geranium
- 15 drops Sandalwood
- 10 drops Pine

Combine in a glass bottle and roll between palms 12 times to blend. It is ready for use.

Hair Loss Prevention Blend Recipe:

- 6 drops Rosemary
- 8 drops Ylang Ylang
- 12 drops Cedarwood
- 12 drops Clary Sage

Apply directly or dilute 50/50 with a carrier oil. Massage vigorously into the scalp for 2–3 minutes. Leave on for 60–90 minutes, then shampoo. These oils can also be added to shampoo. (Note that essential oils may affect tinted hair color.) ■

References:

Essential Oils Integrative Medical Guide, Dr. Gary Young
Essential Oils Desk Reference, Life Science Publishing
The Essential Oil Complete Reference Guide, K.G. Stiles

Note:

The recommendations in this article apply specifically to Young Living Essential Oils, which adhere to the Seed to Seal Standard for purity and potency. Adulterated or improperly distilled oils may cause adverse effects. Some people experience side effects from low-quality oils and can mistakenly assume all essential oils are irritants. Young Living's extensive library and testing labs ensure the highest quality of essential oils available on the market.

Learn more from Young Living members who make essential oils a part of their lifestyle:

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