



Navy Heart Essential Oils

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IFRA COMPLIANCE DOCUMENT

Helichrysum Essential Oil | IFRA 51st Amendment (June 2023)

Issue Date: May 24, 2026

PRODUCT IDENTIFICATION

Product Name	Helichrysum Essential Oil
Botanical Name	Helichrysum italicum
INCI Name	Helichrysum Italicum Flower Oil
CAS Number	8023-95-8
Product Type	Essential Oil — Aromatic
Supplier	Navy Heart Essential Oils, Calgary, Alberta, Canada
IFRA Amendment	51st Amendment to the IFRA Code of Practice (published June 2023)
Document Issue Date	May 24, 2026

IFRA COMPLIANCE STATEMENT

Navy Heart Essential Oils hereby confirms that Helichrysum Essential Oil is assessed in accordance with the IFRA 51st Amendment to the IFRA Code of Practice (published June 2023). This oil is compliant for use in the product categories listed below at the maximum concentration levels stated.

Helichrysum italicum (Immortelle) essential oil has a variable composition depending on the chemotype and origin. Its major constituents — alpha-pinene, neryl acetate, and ar-curcumene — are not subject to individual IFRA usage restrictions under the 51st Amendment; alpha-pinene in particular does not appear on the IFRA Standards list at all. Geraniol, present only at trace levels in this oil, is individually restricted under the IFRA Standard on Geraniol, but at trace concentration this does not create a practical limiting factor at any realistic cosmetic usage level. As a result, Helichrysum essential oil is not meaningfully restricted by IFRA in any product category.

Alpha-pinene and limonene are both subject to oxidation over time, and their oxidation products (not the parent compounds) are recognized skin sensitizers. This is a formulation-handling consideration, not an IFRA usage-level restriction — always use fresh oil and consider antioxidant protection (e.g., vitamin E or BHT) in finished formulations. This batch supplier test results (alpha-pinene 13.26%, neryl acetate 27.55%, ar-curcumene 12.91%) are consistent with typical Helichrysum italicum chemistry and do not change the IFRA assessment above.

Key constituents (Lot BR-260129): Neryl acetate 27.55% (no IFRA restriction) — alpha-Pinene 13.26% (no IFRA restriction) — ar-Curcumene 12.91% (no IFRA restriction) — Geraniol trace (IFRA-restricted, but negligible impact at this concentration).

IFRA CATEGORY USAGE LIMITS — 51ST AMENDMENT

IFRA Category	Typical Product Applications	Max. Usage Level (51st Amdt.)	Navy Heart Recommended
1	Lip products (lip balm, lipstick, lip gloss, lip scrub)	Not Limited	Up to 0.5% for lip use
2	Deodorant & antiperspirant (spray, stick, roll-on)	Not Limited	Up to 2%
3	Facial makeup, eye products, foundation, blush	Not Limited	Up to 1%
4	Hair leave-on (hair oil, hair serum, scalp treatment)	Not Limited	Up to 2%
5A	Body leave-on: body lotion, butter, oil, cream	Not Limited	Up to 2%
5B	Face leave-on: facial moisturiser, face cream, serum, toner	Not Limited	Up to 1%
5C	Hand leave-on: hand cream, hand lotion, cuticle cream	Not Limited	Up to 1.5%
5D	Baby leave-on: baby lotion, baby oil, baby cream, diaper cream	Not Limited	Up to 0.5%
6	Intimate wipes, feminine hygiene products	Not Limited	Up to 0.3%
7A	Rinse-off body: shower gel, body wash, shampoo, bath products	Not Limited	Up to 2%
7B	Rinse-off hair: conditioner, hair mask, hair rinse	Not Limited	Up to 2%
8	Intimate leave-on with anogenital exposure	Not Limited	Up to 0.5%
9	Rinse-off: bar soap, body wash, scrubs, bath bombs	Not Limited	Up to 3%
10A	Home fragrance: reed diffusers, pot pourri, sachets	Not Limited	Up to 5%
10B	Room spray, linen spray, air freshener spray	Not Limited	Up to 3%
11A	Fabric treatment rinse-off (fabric softener, laundry detergent)	Not Limited	Up to 2%
11B	Fabric treatment leave-on (dryer sheets, pillow spray)	Not Limited	Up to 2%
12	Non-skin contact: candles, wax melts, incense	Not Limited	Up to 5%

Note: Helichrysum essential oil's major constituents — alpha-pinene, neryl acetate, and ar-curcumene — carry no individual IFRA usage restriction under the 51st Amendment. Trace geraniol is technically IFRA-restricted but has no practical effect at the concentrations present in this oil. Lot BR-260129's Supplier test results (see Certificate of Analysis) confirm typical Helichrysum italicum chemistry. The "Navy Heart Recommended" levels below reflect cost, sensory, and general skin-care caution rather than an IFRA-driven ceiling.

COLOUR KEY

Green	Not Limited — no IFRA restriction applies in this category.
White	Standard limit applies — use at or below the stated maximum.
Amber	Use with extra caution — sensitive application area (lips, baby, intimate). Lower recommended levels apply.
Red	Not Approved / 0% — this oil is not permitted in this category.

ADDITIONAL FORMULATION NOTES

Soap makers (Category 9):

Helichrysum is not limited in soap (Category 9). Up to 3% is appropriate — noting that helichrysum is a premium, expensive oil and is typically used at lower levels (0.5–1.5%) for cost reasons. Well-behaved in cold process soap with no acceleration.

Leave-on products:

Since none of helichrysum's major constituents carry an IFRA restriction, it is not practically limited in leave-on products at typical cosmetic usage levels (0.5–2%). Its anti-inflammatory and skin-regenerating properties make it popular in face serums and scar treatments.

Phototoxicity:

Helichrysum italicum essential oil is not considered phototoxic. No furanocoumarin concerns apply.

Note on variable composition:

Helichrysum is one of the most chemically variable essential oils. Composition depends significantly on origin (Corsica, Italy, France, Balkans) and chemotype. Since alpha-pinene, neryl acetate, and other major constituents carry no IFRA restriction regardless of chemotype, this variability does not affect the IFRA assessment above — though it does affect scent character and quality, so lot-specific supplier testing remains valuable for quality control.

Disclaimer: This IFRA compliance document is prepared in good faith based on known typical constituent data for this essential oil and the IFRA 51st Amendment (June 2023). Usage limits are based on typical composition ranges and are information derived from supplier testing. It is the responsibility of the formulator to verify compliance for their specific formulation. Navy Heart Essential Oils makes no warranty as to the accuracy or completeness of this information. Always perform your own safety assessment before use in consumer products.

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