

Hinoki

Chamaecyparis obtusa 5 mL

dōTERRA | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A | T | N

Plant Part: Wood

Extraction Method: Steam distillation

Aromatic Description: Fresh, woody, balsamic

Main Chemical Composition: α -pinene, Δ -cadinene, Δ -amorphene, α -muurolene

Hinoki | *Chamaecyparis obtusa* 5 mL

Primary Benefits

- + Has a fresh, relaxing, woody aroma
- + Promotes a radiant complexion
- + Enhances a soothing massage experience

Description

Incorporating Hinoki essential oil into a neck or shoulder massage elevates the whole experience by providing a comforting aroma and a soothing sensation to the skin. When diffused, Hinoki's fresh, woody aroma invites an atmosphere of calm into your home or work spaces. A common addition in Japanese bath practices, adding a couple drops of Hinoki oil to a tub of warm water promotes a sense of tranquility and creates a relaxing ambiance as you soak the day away.

Sourcing Hinoki oil: For centuries, the wood of the Hinoki tree has been used to build shrines and temples across Japan, and is still used today in the timber industry. While Hinoki is a prized resource, its wood has been overpopulating many areas of Japan for years. Seeing an environmental and economic need, dōTERRA has partnered with groups in Japan to use the timber industry's by-product of Hinoki wood to create this beautiful essential oil. Through the Hinoki Co-Impact Sourcing® effort, dōTERRA not only contributes to Japan's forest management programs, but also creates needed jobs across rural Japan—ensuring that this unique, premium oil continues to give back to the people of its native land.

Uses

- + Diffuse to create a calm, tranquil environment.
- + Apply to the bottoms of feet before bed or after bathing.
- + Add a drop to your daily skincare routine to promote radiant skin.
- + Add two to three to your bathwater for a relaxing aroma.
- + Rub two drops between the palms of your hands and inhale deeply.

Directions

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

Cautions

For external use only. Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.