

# CEDARWOOD

*Juniperus virginiana 15 mL*

*Nutty, woody, sweet*

*Aromatic description*

## PRIMARY BENEFITS

- Soothing and grounding aroma.
- Helps keep skin looking healthy

## PRODUCT DESCRIPTION

Cedarwood has a grounding aroma that evokes feelings of spiritual and emotional wellbeing. Known for its rich hue and warm, woody scent, Cedarwood essential oil provides a myriad of benefits.

It is native to cold climates, thriving in high altitudes and growing up to 100 feet. Reminiscent of its size and strength.

When applied topically, Cedarwood has clarifying properties. Additionally, Cedarwood is frequently used in massage therapy to help soothe the body during a tranquil massage.

## USES

- After a difficult day, diffuse to create a comforting environment.

- During your facial routine, add one to two drops to your facial toner or moisturiser to help promote radiant skin.
- Place a drop on a cotton ball and place in closet to freshen the smell.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

## CAUTIONS

**KEEP OUT OF REACH OF CHILDREN.**  
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Wood

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
 $\alpha$ -cedrene, cedrol, thujopsene



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2023 dōTERRA 23082023 MSNZ