

# PATCHOULI

*Pogostemon cablin 15 mL*

*Rich, woody, musky, earthy*

*Aromatic description*

## PRIMARY BENEFITS

- Grounding and balancing aromatic effect.
- Promotes skin health.

## PRODUCT DESCRIPTION

Patchouli is a bushy herb from the mint family with stems reaching two or three feet in height and bearing small, pink-white flowers. Easily recognised for its rich, musky-sweet fragrance, Patchouli is regularly used in the perfume industry as well as in scented products such as laundry detergents and air fresheners. Patchouli is beneficial to the skin in many ways. It is often used topically to help promote a smooth, glowing looking complexion. The fragrance of Patchouli provides a grounding, balancing effect.

## USES

- Combine with Peppermint and apply to the forehead, temples, or back of the neck after a long day.
- Apply one to two drops to your favourite moisturiser.
- Combine with Vetiver and apply to the bottoms of feet to help with soothing feelings.

## DIRECTIONS FOR USE

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

**FOOD FLAVOUR USE:** Add one or two drops to food.

**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:** Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Patchouli alcohol,  $\alpha$ -Bulnesene,  $\alpha$ -Guaiene



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