

Star Anise

Illicium verum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Fruit/Leaf/Seed

Extraction Method: Steam distilled

Aromatic Description: Sweet, spicy, fresh, licorice-like

Main Chemical Components: trans-Anethole

PRIMARY BENEFITS

- Supports a healthy cardiovascular system*
- Relaxing to the mood*

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Available in:
Harmony Handcraft
Aroma Collection

Part Number: 60205374

Wholesale: \$38.50

Retail: \$51.33

PV: 35

PRODUCT DESCRIPTION

The star anise tree is an evergreen indigenous to southeastern Asia. Usually the trees grow only 14-20 feet high, but they can reach up to 65 feet. In Chinese culture, the plant is called “eight-horned anise” or simply “eight horns,” referring to the usually eight-follicled fruit. Anethole, the main chemical component of Star Anise, is what creates the characteristic licorice aroma that Star Anise essential oil and fruit are known for. Star Anise essential oil has many benefits, both topically and internally. Immune system support and healthy cellular function are just a couple of the main benefits Star Anise offers.* Star Anise is most commonly known for its support of digestive health.* As a main ingredient in dōTERRA DigestZen®, Star Anise can be used to calm an occasional upset stomach.* Star Anise can also support feelings of relaxation when taken internally.*

USES

- Put 1-2 drops of Star Anise essential oil in tea to support healthy digestion.*
- Dilute a drop or two of Star Anise oil with dōTERRA Fractionated Coconut Oil for a soothing massage.
- Take a drop or two internally to promote relaxing feelings.*
- Blend with floral or wood oils to create a grounding and emotionally balancing experience.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

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.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.