

BIRCH

Betula lenta 5mL

Sweet, Spicy, Minty

Aromatic description

PRIMARY BENEFITS

- Delivers a powerfully stimulating and refreshing aroma.
- Contributes to a soothing massage.
- Promotes healthy-looking skin.

PRODUCT DESCRIPTION

Birch (*Betula lenta*) is a tree native to Canada and the US. Birch can grow up to 75-80 feet tall, and it's sometimes known for its peeling bark. Steam-distilling that bark produces Birch essential oil. With a crisp and stimulating aroma, this limited-edition, small batch essential oil has powerful benefits.

The main chemical constituent associated with Birch essential oil, methyl salicylate has powerful abilities to help ease body aches and soothe sore muscles, making Birch ideal when diluted and applied topically in a recovery massage. Birch essential oil can also be used as part of revitalising skincare. Although it may be diffused, the aroma can be overpowering, so a little goes a long way.

Sourcing pure, unadulterated Birch essential oil is difficult. It is typically only available in small quantities due to the complexity of raw material preparation and distillation.

To bring this oil to you, our dōTERRA Sourcing Team works with a small-batch supplier who sustainably produces pure Birch essential oil.

USES

- Massage into back and legs for a cooling sensation after exercise.
- Place a few drops on a cotton ball and place in your gym bag to mask odours.
- Apply to the skin to help reduce the appearance of blemishes.

DIRECTIONS FOR USE

AROMATIC USE: Add three to four drops to the diffuser of your choice.

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

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

Not for internal use.

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.



Certified Pure Tested Grade

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Birch



WHAT IT TAKES TO MAKE A BOTTLE:



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Birch essential oil comes from distilling the bark of the tree.

CHEMISTRY:



The main chemical constituent and associated benefit of birch is:

soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

44

Published studies on the benefits of methyl salicylate, the main chemical constituent in birch

Numbers according to PubMed as of December 2017

FUN FACT

Birch bark was historically used by various Native American tribes to make canoes, bowls, and teepees.

WORKS WELL WITH:



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