

CANANGA

Cananga odorata 15mL

Warm, sweet, flowery and woody

Aromatic description

PRIMARY BENEFITS

- Aroma promotes a restful environment
- Relaxing as part of a massage

PRODUCT DESCRIPTION

The cananga tree is native to tropical Asia and a member of the sugar apple family. Indonesian's place cananga flowers on honeymooners' pillows to symbolise a happy life.

Extracted by steam distillation, Cananga essential oil comes from its vibrant yellow flowers. The same tree provides Ylang Ylang essential oil, although Cananga has higher amounts of β -Caryophyllene.

Cananga essential oil has a sweet, floral and rich aroma and is often used in making perfumes and aromatherapy. It is ideal for combining with a carrier oil for a relaxing massage or diffusing to create a restful environment.

USES

- Add two to three drops in a tablespoon of carrier oil (i.e. fractionated coconut oil) to a warm Epsom salt bath to create a soothing and relaxing experience.

- Add one to two drops into your dōTERRA diffuser to help promote a relaxing and restful environment.
- Use with a carrier oil as part of a relaxing massage.

DIRECTIONS FOR USE

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

TOPICAL USE: Dilute one drop of Cananga essential oil in two drops of a carrier oil to reduce sensitivity.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. 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: Flower

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
 β -Caryophyllene, Germacrene D



Certified Pure Tested Grade

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