

# CORIANDER

*Coriandrum sativum 15 mL*

*Green, floral, herbaceous*

*Aromatic description*

## PRIMARY BENEFITS

- Relaxing aroma
- Unique flavour for Asian inspired dishes

## PRODUCT DESCRIPTION

Coriander is an annual herb that grows three feet high and is very aromatic. Coriander seeds have been used in cooking for centuries.

The relaxing and uplifting aroma of Coriander essential oil makes it a good rotation oil to use in diffuser blends to add a fresh, sweet and herbaceous note.

## USES

- Enjoy one drop in water after eating a large meal.
- Diffuse for both a relaxing and invigorating aroma.

## DIRECTIONS FOR USE

**DIFFUSION:** Use one to two drops in the diffuser of choice. Blends well with Cardamom, Lemon, Cilantro, Citrus Bliss and Purify essential oils.

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

## 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:** Seed

**EXTRACTION METHOD:**

Steam distillation

**MAIN CHEMICAL COMPONENTS:**

Linalool,  $\alpha$ -pinene,  $\gamma$ -terpinene, camphor



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