

LAUREL LEAF

Laurus nobilis 5 mL

Herbaceous, fruity, fresh, camphoraceous

Aromatic description

PRIMARY BENEFITS

- Laurel leaf, due to its chemical constituents, including eucalyptol may have surface cleansing properties.
- The powerful fragrance of Laurel Leaf essential oil may just be ideal when looking to concentrate or stay focused on difficult tasks
- Laurel leaf containing eucalyptol is a great addition to a soothing massage.

PRODUCT DESCRIPTION

The *Laurus nobilis* is a small evergreen tree that has played an important role in Mediterranean culture for millennia. Laurel leaves were revered as a symbol of victory and success in both the Greek and Roman cultures and are also associated with the phases of the moon in contemporary Chinese culture. These leaves are also regularly used in cooking all over the world, more commonly known as "bay leaves". But laurel leaves have uses outside of victory wreaths and food seasoning. When steam distilled, they produce a powerfully fragrant essential oil that due to its primary constituent, eucalyptol may have cleansing and soothing properties.

The combinations of Laurel Leaf essential oil's two primary constituents, eucalyptol and alpha-terpinyl acetate, provide a strong,

herbaceous, and slightly spicy aroma that can be used in a variety of aromatic and topical applications.

USES

- Place a few drops in your morning shower for an invigorating start to your day.
- Add a few drops to vinegar or your DIY surface cleansing recipe to help refresh your home.
- Dilute in a carrier oil and use as part of a soothing massage.

DIRECTIONS FOR USE

AROMATIC: add 3-4 drops to your diffuser.

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

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.

MAIN CHEMICAL COMPONENTS:

Eucalyptol, -Terpinyl acetate



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 30102020