

# LITSEA

*Litsea cubeba 15mL*

*Clean, fresh, sweet*

*Aromatic description*

## PRIMARY BENEFITS

- Diffuse for a refreshing and uplifting aroma
- Diffuse while working or exercising to bring fresh stimulating aroma

## PRODUCT DESCRIPTION

Litsea cubeba is an evergreen tree or shrub belonging to the Lauraceae family. Its fruit produces Litsea, a lemon-like essential oil with a wide range of aromatic uses.

Being native to East Asia, Litsea has a long history of traditional use by the indigenous people of Taiwan and has been widely distributed in Japan, Taiwan, Southern China and Southeastern Asia.

When diffused, Litsea essential oil provides an uplifting scent.

## USES

- Diffuse to promote feelings of balance throughout the day.
- Create your own diffuser blend by combining with complementary oils such as Lavender, Ylang Ylang,

Rose, Sandalwood, Frankincense, Geranium, Vetiver or Fennel essential oils.

- Diffuse during meditation to promote a cleansing, revitalising aromatic environment.

**PLANT PART:** Fruit

**EXTRACTION METHOD:**

Steam distillation

**MAIN CHEMICAL COMPONENTS:**

Geranial, neral, limonene

## DIRECTIONS FOR USE

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

**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.



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