Primary benefits:
Traditionally used in aromatherapy to:
• Relieve inflammation
• Relieve digestive discomfort
• Soothe & calm nerves
• Relieve symptoms of acne
• Reduce oily skin

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.

Directions for use:
Inhalation: Use two to three drops in the diffuser of choice.
Food flavour use: Add one or two drops to food.

Caution:
Keep out of reach of children. Possible skin sensitivity. Keep out of reach of children. 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: Fruit
Extraction method: Steam distillation
Main chemical components: Geranial, neral, limonene

Tips for use:
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.