

AUST L 338887
AU SKU: 60202033



dōTERRA® LITSEA

Litsea cubeba fruit oil essential 1 mL/mL

Clean, fresh, sweet

Aromatic description

The clean, sweet aroma of Litsea has a soothing and balancing aroma that brings fresh energy and peace to a room.

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.

See additional precautions below.

CAUTIONS

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:
Geraniol, 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.



Certified Pure Tested Grade

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ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.