

# RAVINTSARA

CINNAMOMUM CAMPHORA 5 ML



Certified Pure Tested Grade

## PRIMARY BENEFITS

- REFRESHING AROMA
- TRY DIFFUSING DURING MEDIATION

## PRODUCT DESCRIPTION

Ravintsara, not to be confused with Ravensara, is derived from the leaves of *Cinnamomum camphora* and the uses and benefits of this oil are many. Although Ravintsara and Ravensara are in the Lauraceae family, Ravintsara is milder and more similar to Eucalyptus and Camphor. Ravintsara is ideal as an aromatic refresher, combine with Roman Chamomile, Copaiba, Eucalyptus or Rosemary essential oils in the diffuser. Incorporate into your favorite dōTERRA skin cleanser for a refreshing and unique aroma.

## USES

- Diffuse in any room to provide a refreshing, herbal scent.
- Dilute in a carrier oil as part of a relaxing massage.
- Add one to two drops into a carrier oil and add to a bath with Epsom salts.

## DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Dilute 1 drop essential oil to 1 to 2 drops in carrier oil to minimise skin sensitivity. See additional precautions below.

## 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:** Leaf

**EXTRACTION METHOD:** Steam distillation

**AROMATIC DESCRIPTION:** Fresh, earthy, woody, and peppery

**MAIN CHEMICAL COMPONENTS:** Eucalyptol and Sabinene

