STAR ANISE
Illicium verum  5 mL

Sweet, spicy, fresh, liquorice-like
Aromatic description

PRIMARY BENEFITS

• When diffused can create an aroma that creates a relaxing ambience.

PRODUCT DESCRIPTION
The star anise tree is an evergreen indigenous to south-eastern Asia. Usually the trees grow only 4-6 meters high, but they can reach up to 20 meters. In Chinese culture, the plant is called “eight-horned anise” or simply “eight horns,” referring to the usually eight-follicled fruit. Anethole, the main chemical component of Star Anise, is what creates the characteristic liquorice aroma that Star Anise essential oil and fruit are known for.

USES

• Put 1-2 drops of Star Anise essential oil in tea for a flavoursome beverage
• Dilute a drop or two of Star Anise oil with dōTERRA Fractionated Coconut Oil for a soothing massage.
• Diffuse with floral or wood oils to create a grounding aroma and for a sense of balance when you are feeling overwhelmed with the business of life.

DIRECTIONS FOR USE
Diffusion: Use three to four drops in the diffuser of choice.
Food Flavour: Dilute one drop in food or drink
Topical use: Apply one to two drops to desired area. Dilute with carrier oil to minimise any skin sensitivity. See additional precautions below.

PLANT PART: Fruit/Leaf/Seed
EXTRACTION METHOD: Steam distillation
MAIN CHEMICAL COMPONENTS: trans-Anethole