

STAR ANISE

Illicium verum 5mL

Sweet, spicy, fresh, liquorice-like

Aromatic description

PRIMARY BENEFITS

- When diffused can create an aroma that creates a relaxing ambience
- Has a liquorice-like aroma

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 metres. 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 1-2 drops 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 busyness 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



Certified Pure Tested Grade

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