



# THERAPEUTIC RANGE

AUS ONLY SKU: 60217558  
AUST L 357174

## dōTERRA® VETIVER ROOT OIL

*Chrysopogon zizanioides* root oil 1 mL/mL

Soothe sore muscles and alleviate aches and pains while enjoying the calming and relaxing aromas of Vetiver.

*Sweet, woody, caramel, smoky*

*Aromatic description*

The deep, woody and exotic aromas of Vetiver have been used since the 12<sup>th</sup> century for therapeutic benefit. Used as an ingredient in skincare and cologne throughout the Middle Ages, Vetiver has traditionally been used in aromatherapy to treat and alleviate muscle strain, ease mild aches and pains and relieve symptoms of acne. Vetiver is also highly valued for its calming and relaxing effects on the mind.

### PRIMARY BENEFITS

With its calming and relaxing aroma, Vetiver has traditionally been used in aromatherapy to soothe the mind, reduce and relieve body aches and pains and decrease the symptoms of muscle strain. It can also help relieve acne symptoms.

### TOPICAL:

- Reduce mild aches and pains
- Relieve mild rheumatic aches and pains
- Decrease the symptoms of muscle strain/sprain
- Relieve symptoms of acne

### INHALATION:

- Assist mind relaxation



THIS PRODUCT MAY NOT BE RIGHT FOR YOU. READ THE WARNINGS BEFORE PURCHASE. ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL.



Certified Pure Tested Grade

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### PRODUCT DESCRIPTION

Vetiver essential oil is hydro-distilled from the roots of Vetiver, a member of the grass family. The roots of Vetiver grow downward, making this plant ideal to help stabilise the soil and prevent erosion. The oil obtained from these beneficial root systems has been used since the Middle Ages, most commonly as an ingredient in skincare and cologne. The deep, woody and exotic aromas of Vetiver also have soothing and relaxing properties. This rich and complex oil has been used as early as the 12th century for therapeutic benefit.

Traditionally used in aromatherapy to reduce and relieve mild aches and pains and decrease the symptoms of muscle strain, Vetiver essential oil may also be applied topically to relieve the symptoms of acne. Vetiver can also aid relaxation when diffused and is perfect added to a massage oil.

### DIRECTIONS FOR USE

Adults only. For inhalation and topical use only.

FOR INHALATION USE:

- Add 5-6 drops in a vaporiser and inhale
- Apply 1-2 drops onto a tissue, hold near nose and inhale

Use up to 3 times per day.

FOR TOPICAL USE:

Dilute 2 drops of oil with 5mL of carrier oil. Apply to affected area. 3 times per day.

### CAUTION:

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Adults only. If pregnant or under a Not to be taken. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PLANT PART: Root

EXTRACTION METHOD:

Hydro diffusion

MAIN CHEMICAL COMPONENTS:

Isovalencenol, Khusimol



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