



dōTERRA® VETIVER ROOT OIL

Chrysopogon zizanioides root oil essential 1 mL/mL

Sweet, woody, caramel, smoky

Aromatic description

Enjoy therapeutic benefits while enjoying the calming and relaxing aromas of Vetiver.

The deep, woody and exotic aromas of Vetiver have been used since the 12th century for therapeutic benefit. Used as an ingredient in skin care 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 soothing effects.

PRIMARY BENEFITS

TRADITIONALLY USED IN
AROMATHERAPY TO:

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

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 skin care 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

INHALATION: Add 5–6 drops in a vaporiser and inhale. Apply 1–2 drops onto a tissue, hold near nose and inhale

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

CAUTIONS

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



Certified Pure Tested Grade

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ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Vetiver

A T I N

SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:



It takes approximately 1.6 kilograms of vetiver root to produce 15 mL of Vetiver essential oil.*

RESEARCH:

42

Published studies on the benefits of vetiver

Numbers according to PubMed as of December 2017

FUN FACT

Haitian farmers that produce Vetiver oil, which is co-impact sourced from Haiti, are paid a premium to leave the roots of their vetiver plants in the ground longer as it increases the quality of the oil.

CHEMISTRY:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

WORKS WELL WITH:

