

# Cedarwood

*Juniperus virginiana* 5 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

**Application:** A T S

**Plant Part:** Wood

**Extraction Method:** Steam distillation

**Aromatic Description:** Nutty, woody, sweet

**Main Chemical Composition:**  $\alpha$ -cedrene, cedrol, thujopsene

Cedarwood | *Juniperus virginiana* 15 mL

49301713

## Primary Benefits

- + Creates a comforting and relaxing environment
- + Helps maintain healthy-looking skin
- + Promotes a radiant complexion
- + Improves the scent of the home

## Description

With its warm, woody aroma, Cedarwood essential oil can be used to invite a forest-like freshness to any space through diffusion, or it can add a grounding dimension to any essential oil blend. A popular ingredient in perfumes, colognes, and body care products, Cedarwood provides exceptional benefits to the skin and can play an essential role in any skincare routine. Using Cedarwood oil at bedtime can create a peaceful experience when you massage a drop into the bottoms of your feet before sleep.

## Uses

- + Add a drop to facial toner or moisturizer to promote clear, healthy-looking skin.
- + Add one to two drops of Cedarwood oil to a warm bath for a relaxing aroma.
- + Diffuse three to four drops of Cedarwood essential oil to create a relaxing environment.
- + Put a drop on a cotton ball and place in closets or drawers to keep clothes smelling fresh.

## Directions

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

**Topical use:** When used topically, dilute 1 drop with 5-10 drops of carrier oil as needed for skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.