

# Cilantro

*Coriandrum sativum* 15 mL

dōTERRA® | CANADA

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Leaf/Stem

**Extraction Method:** Steam distillation

**Aromatic Description:** Fresh, herbal, sweet, pungent

**Main Chemical Composition:** Linalool, decenal

**Cilantro** | *Coriandrum sativum* 15 mL

**41851813**

## Description

The culinary uses and additional benefits of Cilantro have been documented for centuries. Applied topically, Cilantro is very soothing and cooling to the skin, and it adds a fresh, herbal aroma to any essential oil blend when diffused. Cilantro's culinary uses are endless, adding a flavorful twist to meats, salads, dips, and guacamole.

## Uses

### Cosmetic

- + Add to mouth rinse for fresh breath.
- + Add to moisturizer to soothe dry skin and to provide a fresh aroma.
- + Place on bottom of feet to create a peaceful, fresh aroma before bed.
- + Apply topically to fingernails and toenails to keep them looking clean and healthy.
- + Combine with Fractionated Coconut Oil and massage into skin for a soothing and cooling effect.

### Food

- + Add to dips, salsa, and guacamole for a fresh, herbal flavor.
- + Household
- + Spice up citrus diffuser blends with Cilantro oil for a fresh, sweet, and herbal aroma.

## Directions

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

**Internal use:** Dilute one drop in 120 mL of liquid.

**Topical use:** When used topically, dilute with 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.