

# Coriander

*Coriandrum sativum* 15 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Seed

**Extraction Method:** Steam distillation

**Aromatic Description:** Green, floral, herbaceous

**Main Chemical Components:** Linalool,  $\alpha$ -pinene,  $\gamma$ -terpinene, camphor

## Coriander

*Coriandrum sativum* 15 mL

Part Number: 30781813

Wholesale: \$32.00 CAD

Retail: \$42.67 CAD

PV: 26.5

## PRODUCT DESCRIPTION

Coriander is an annual herb that grows three feet high and is very aromatic. Coriander has a high linalool content, which can be soothing to the mind, body and helpful to the skin. Coriander's sweet, herbaceous aroma is both relaxing and stimulating, making it a good rotation oil to use in blends to add a fresh, herbaceous note.

## USES

### Cosmetic

- Add to facial cleanser to promote a clean skin.
- Apply to back of neck or bottom of feet after an event-filled day.
- Apply Coriander to legs for a soothing massage after a short workout.
- Use topically under arms before applying deodorant to help fight odor.
- Combine with Fractionated Coconut Oil and rub into skin for a soothing massage.

### Food

- Add one drop to curry recipes for an extra boost in flavor.

### Household

- Combine with Peppermint and diffuse for a stimulating aroma.

## DIRECTIONS FOR USE

**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.

