

Palmarosa

Cymbopogon martinii 5 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T S

Plant Part: Grass

Extraction Method: Steam distillation

Aromatic Description: Fresh, rosy, floral

Main Chemical Composition: Geraniol, Geranyl Acetate

Palmarosa | *Cymbopogon martinii* 5 mL

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Primary Benefits

- + Provides a soft, floral, rose-like aroma
- + Delivers a comforting yet uplifting scent when used in massage
- + Promotes healthy-looking skin

Description

Though its name may sound like a flower or rose plant, dōTERRA Palmarosa essential oil is distilled from a fragrant grass native to Southeast Asia and sourced sustainably from Nepal. It contains a naturally high percentage of geraniol, one of the same primary aromatic constituents in Rose and Geranium essential oils, giving Palmarosa a softly floral and romantic aroma. Like rose oil, Palmarosa promotes a youthful and healthy-looking complexion and helps balance moisture levels in the skin.

Uses

- + Diffuse to create an enchanting atmosphere.
- + Dilute with a carrier oil as part of a massage.
- + Add two drops to a soothing Epsom salt bath.
- + Combine with your favourite dōTERRA facial cleanser to give your skin a youthful appearance.
- + Use with a reed diffuser or add a drop to an unscented candle to create romantic atmosphere.

Directions

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

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any 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. For external use only.