

# 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, floral notes of geranium and rose

**Main Chemical Components:** Geraniol, Geranyl Acetate

## PRODUCT DESCRIPTION

Take in a breath of beauty with Palmarosa. This essential oil has a bright and cleansing aroma with slightly sweet and floral notes. It contains a high percentage of geraniol, which is one of the same primary aromatic constituents in Rose essential oil. This component may also support clean, healthy-looking skin as well as balance moisture levels in the skin. It's no wonder Palmarosa often finds a place in skin care routines! Though its name makes it sound like it might be a tree or a rose plant, Palmarosa essential oil actually comes from a tropical, perennial grass. It is dried then steam distilled to create this fresh, clear-to-pale-yellow essential oil. The grass can grow almost 10 feet tall when exposed to abundant sunshine. Also known as "Indian geranium," dōTERRA Palmarosa essential oil is sourced from the Eastern plains of Nepal.

## USES

### Cosmetic:

- Dilute in a carrier oil as part of a relaxing massage
- Add one to two drops to a soothing Epsom salt bath
- Combine with your favorite dōTERRA cleanser or moisturizer to give your skin a youthful look

### Household:

- Diffuse anytime to create a bright, welcoming atmosphere

## DIRECTIONS FOR USE

**Diffusion:** Add a few drops to your favorite dōTERRA diffuser.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## 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.

