

Ravintsara

Cinnamomum camphora 5 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Fresh, earthy, woody, and peppery

Main Chemical Components: Eucalyptol, Sabinene, α -terpineol

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Cinnamomum camphora 5 mL

PRODUCT DESCRIPTION

Ravintsara is a powerhouse essential oil steam distilled from the leaves of the *Cinnamomum camphora* tree, commonly known as the camphor tree. Though sometimes confused with another member of the *Lauraceae* family, Ravensara, Ravintsara is a bit milder and is more similar to Eucalyptus and Camphor. Eucalyptol, the primary chemical constituent of Ravintsara, makes its aroma uniquely invigorating and ideal for use in a soothing massage. Perfect for personal and home use, this enlivening aroma helps create a relaxing, open environment in even the stuffiest rooms. In addition to aromatic benefits, Ravintsara also contains surface cleansing properties when applied topically to the skin and general home surfaces.

USES

Cosmetic:

- Add 1-2 drops to a calming Epsom salt bath
- Dilute 1 drop with 8-10 drops of Fractionated Coconut Oil and massage into chest for a peppery, invigorating aroma
- Create a hand cleansing mist by adding 3-4 drops to a 30 mL sprayer bottle
- Mix 2-3 drops with 10-12 drops of Fractionated Coconut Oil and apply after working out

Household:

- Diffuse 3-4 drops for a refreshing, herbaceous aroma in a stuffy room
- Add 4-5 drops to an 237 mL spray bottle to create a multi-surface cleansing spray

DIRECTIONS FOR USE

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

