

Vetiver

Vetiveria zizanioides 15 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Root

Extraction Method: Hydro Diffusion

Aromatic Description: Sweet, woody, caramel, smoky

Main Chemical Component and Chemotype: Isovalencenol, Khusimol

Vetiver | *Vetiveria zizanioides* 15 mL

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Description

Vetiver, a member of the grass family, is grown for many reasons. Unlike other grasses, the root system of Vetiver grows down, making it ideal for helping to prevent erosion and providing soil stabilization. Vetiver has a rich, exotic, complex aroma that is used extensively in perfumes. Due to Vetiver's calming, grounding fragrance, it is an ideal oil to use in massage therapy. It can also be rubbed on the feet before bedtime to promote a restful night's sleep.

Uses

Cosmetic

- + Add two drops to a warm bath for deep relaxation.
- + Add to daily skin care routine for a revitalized appearance.
- + Apply to neck and wrists as a personal grounding fragrance.
- + Apply to bottom of feet for a relaxing fragrance before bedtime.
- + Use topically on feet and legs after a day of standing as part of a soothing massage.

Household

- + Use as an earthy base note in a favorite DIY diffuser blend.
- + Diffuse with Lavender and Wild Orange for a relaxing scent.

Directions

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

Topical use: When used topically, dilute with carrier oil as desired.

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.