

# Nootka

*Cupressus nootkatensis* 5 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



## PRIMARY BENEFITS

- Blends well with Patchouli, Bergamot, Cardamom and Yellow Mandarin essential oils.
- Nootka is known as one of the strongest cedar varieties in the world.
- Residual wood, that would otherwise have been wasted, is used in the production of Nootka essential oil.

## PRODUCT DESCRIPTION

Nootka essential oil is distilled from the majestic Nootka cedar tree, a relative of Arborvitae, common in the Pacific Northwest of the USA. Nootka is known as one of the strongest cedar varieties in the world and is often referred to as yellow cedar or yellow cypress. As an environmental initiative, dōTERRA uses the residual wood from the forestry industry to distill Nootka essential oil. This residual wood would otherwise have been wasted.

## USES

- Add one to two drops of Nootka oil with 10 drops of Fractionated Coconut Oil and rub into desired areas as part of a soothing massage.
- Add two drops of Nootka oil to an Epsom salts bath and relax in a warm soak.
- Add one drop of Nootka oil to your daily facial cleanser.

## DIRECTIONS FOR USE

For massage, mix 5 drops with  $\approx$  10 ml carrier oil. For bath, mix 5 drops with  $\approx$  5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil. For topical use only.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears, and sensitive areas.

