

Star Anise

Illicium verum 5 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

PRIMARY BENEFITS

- Makes for a soothing massage.
- One of the main ingredients of the dōTERRA ZenGest™ blend.
- Blends well with floral and wood essential oils when applied topically.

PRODUCT DESCRIPTION

Star anise is an evergreen tree indigenous to southeastern Asia. Usually the trees grow only 4-6 metres high, but they can reach up to 20 metres. In Chinese culture, the plant is called “eight-horned anise” or simply “eight horns”, referring to the fruit which usually has eight follicles. Anethole, the main chemical component of Star Anise, is what creates the characteristic liquorice aroma that Star Anise essential oil and fruit are known for. As a main ingredient in dōTERRA ZenGest™, Star Anise can be beneficial for stomach discomfort when used topically.

USES

- Dilute a drop or two of Star Anise oil with dōTERRA Fractionated Coconut Oil for a soothing massage.
- Blend with floral or wood oils to create a grounding experience when applied topically.

DIRECTIONS FOR USE

For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 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.

