

# Vetiver

*Vetiveria zizanioides* 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- The rich, exotic, complex aroma of Vetiver is used extensively in perfumes.
- Used before bedtime to promote a soothing environment.
- Commonly used in massages for its calming effect on emotions.
- Vetiver essential oil is known for its grounding properties when applied topically.

## PRODUCT 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 stabilisation. Vetiver has a rich, exotic, complex aroma that is used extensively in perfumes. Due to Vetiver's calming, grounding effects, it is an ideal oil to use in massage therapy. It can also be used before bedtime to promote a soothing environment.

## USES

- Fill the bath tub with warm water and add a couple of drops of Vetiver essential oil the water for deep relaxation.
- Apply to bottom of feet before bedtime to help promote a restful environment before sleep.
- Use after a day of standing as part of a soothing massage.
- Blend with Lavender, dōTERRA Serenity or dōTERRA Balance to promote calmness and a grounding effect.

## BATHTIME RELAXATION

Need a little break? Take a Vetiver bath! For best results, fill the bath tub with warm water and then add a couple of drops of Vetiver essential oil. These simple steps will provide you with the ideal bath for deep relaxation. The aromatic benefits of Vetiver oil will also aid in creating a soothing and calming atmosphere.

## DIRECTIONS FOR USE

**Topical:** 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.

## 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.

