

Wintergreen

Gaultheria fragrantissima 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

PRIMARY BENEFITS

- Known for its soothing and stimulating benefits that provide a fresh and uplifting environment.
- Helps produce a warming sensation when applied topically, ideal after long work days or strenuous exercise.
- Ideal to blend with any other dōTERRA essential oils for a sweet, refreshing aroma when applied topically.

PRODUCT DESCRIPTION

Wintergreen essential oil is derived from the leaves of a creeping shrub found in the rural mountains of Nepal. The soothing and stimulating properties of Wintergreen provide a fresh, uplifting environment. The main chemical component in Wintergreen, methyl salicylate, is used in topical creams and massage blends because of its soothing properties. In fact, Wintergreen and Birch are the only plants in the world that naturally contain this specific chemical component.

USES

- For a soothing bath, add 1-2 drops of Wintergreen essential oil to warm bath water.
- Wintergreen has a warming effect when applied to skin and is excellent to use in a soothing massage.
- Massage into neck and shoulders for a stimulating, warming sensation.

WINTERGREEN IN MASSAGE

Because Wintergreen oil contains rich chemical components such as methyl salicylate, it is an ideal oil for massage. For a warming and soothing experience, add Wintergreen oil to your post-workout massage. When using Wintergreen essential oil, remember that a little bit goes a long way, and make sure to dilute Wintergreen oil with Fractionated Coconut Oil to reduce any possibilities of skin sensitivity.

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. For topical use only.

CAUTIONS

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

