Cilantro

Coriandrum sativum 15 ml

dōTERRA EUROPE

PRODUCT INFORMATION PAGE



Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Fresh, herbal, sweet,

oungent

Main Chemical Components: Linanool, trans-2-

Decenal

PRIMARY BENEFITS

- · Gives food a fresh and tasty flavour
- · Clearing and clarifying aroma

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Coriandrum sativum 15 ml

Part Number: 41850001 Wholesale: £18.00 / 28.50 PV

22,00 € / 27,50 PV



PRODUCT DESCRIPTION

Well known as a key culinary ingredient, Cilantro oil comes from an herb recognised for its many uses in the kitchen and for the body. Power-packed with benefits from its original herbed state, Cilantro oil has a flavourful kick that can be used in many different dishes, including dips, salads, meats, and guacamole. Applied topically, Cilantro is very soothing and cooling to the skin.

USES

- After eating a large or heavy meal, mix one drop of Cilantro oil with 125 ml of liquid and drink slowly.
- Combine Cilantro oil with citrus oils for a fresh, herbal aroma.
- Try replacing herb cilantro with 1 drop of Cilantro essential oil in all of your favourite guacamole, salsa, salad, and dip recipes.

DIRECTIONS FOR USE

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

Food additive use: Dilute one drop in 125 ml of liquid. **Topical 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.

CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa.