

Birch



WHAT IT TAKES TO MAKE A BOTTLE:



Birch essential oil comes from distilling the bark of the tree.

CHEMISTRY:



The main chemical constituent and associated benefit of birch is:

soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

44

Published studies on the benefits of methyl salicylate, the main chemical constituent in birch

Numbers according to PubMed as of December 2017

FUN FACT

Birch bark was historically used by various Native American tribes to make canoes, bowls, and teepees.

WORKS WELL WITH:

