

# Arborvitae

*Thuja plicata* 5 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

**Plant Part:** Wood

**Extraction Method:** Steam distillation

**Aromatic Description:** Woody, warm, earthy

**Main Chemical Components:** Methyl thujate

## PRIMARY BENEFITS

- May help to promote clear, healthy looking skin when applied topically
- Powerful cleansing and purifying agent

## PRODUCT DESCRIPTION

Known as the “tree of life,” Arborvitae is majestic in size and abundant in unique benefits. Our arborvitae essential oil is sourced from the heartwood of the *Thuja plicata* tree. It is also known as Western Red Cedar and is native to North America (primarily Canada and the Northwestern United States). This unique source of arborvitae essential oil contains a distinct chemical profile and is uniquely concentrated in methyl thujate. The sourcing arrangements for this oil are done in an innovative, environmentally-responsible way through distillation of residual wood materials to ensure no trees are unnecessarily harvested for production.

## USES

- Add a few drops to a spray bottle with water and spray on surfaces or hands for a quick DIY cleaner.
- Apply to wrists and ankles while hiking.
- Diffuse to purify the air inside the home.
- Use during meditation for a sense of peace and calm.

## DIRECTIONS FOR USE

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

