

Cedarwood

Juniperus virginiana 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: **A** | **T** | **S**

Plant Part: Wood

Extraction Method: Steam distillation

Aromatic Description: Nutty, woody, sweet

Main Chemical Components: α -cedrene, cedrol, thujopsene

PRIMARY BENEFITS

- Promotes relaxation
- Helps to keep skin looking healthy

PRODUCT DESCRIPTION

Known for its rich hue and warm, woody scent, Cedarwood essential oil provides myriad benefits. It is native to cold climates, thriving in high altitudes and growing up to 100 feet. Reminiscent of its size and strength, Cedarwood has a grounding aroma that evokes feelings of wellness and vitality. When applied topically, Cedarwood has clarifying properties. Additionally, Cedarwood is frequently used in massage therapy to relax and soothe the mind and body.

USES

- After a difficult day, diffuse to create a relaxing environment.
- During your facial routine, add one to two drops to your facial toner or moisturizer to promote clear, healthy looking skin.

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.

