

# Cilantro

*Coriandrum sativum* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T I N

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Fresh, herbal, sweet, pungent

**Main Chemical Components:** Linalool, trans-2-Decenal

## PRIMARY BENEFITS

- Gives food a fresh and tasty flavor

## PRODUCT DESCRIPTION

The culinary uses and additional benefits of Cilantro have been documented for centuries. Applied topically, Cilantro is very soothing and cooling to the skin, and it adds a fresh, herbal aroma to any essential oil blend when diffused. Cilantro's culinary uses are endless, adding a flavorful twist to meats, salads, dips, and guacamole.

## USES

- Place two drops in a dōTERRA veggie cap.
- Add to stir fries, salads, and dips to experience Cilantro's distinct flavor.
- Diffuse with citrus essential oils for a fresh, herbal aroma.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**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.

