

Coriander

Coriandrum sativum 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** **T** **I** **N**

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Green, floral, herbaceous

Main Chemical Components: Linalool, α -pinene, γ -terpinene, camphor

PRIMARY BENEFITS

- Helps maintain a clear complexion
- Help promote relaxation

PRODUCT DESCRIPTION

Coriander is an annual herb that grows three feet high and is very aromatic. Coriander has a high linalool content, which helps skin maintain complexion. Coriander can be soothing to the body. Coriander's sweet, herbaceous aroma is both relaxing and stimulating, making it a good rotation oil to use in blends to add a fresh, herbaceous note.

USES

- Take a few drops internally after eating large meals.
- Apply to oily skin to maintain a clear complexion.
- Apply to the back of neck or bottom of feet to promote relaxation.
- After a short workout, apply to legs for a soothing massage.

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.

