

# Arborvitae

*Thuja plicata* 5 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

**Plant Part:** Wood

**Extraction Method:** Steam distillation

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

## PRIMARY BENEFITS

- Assists in purifying the air

### Arborvitae

*Thuja plicata* 5 mL

## 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). The sourcing arrangements for Arborvitae oil are done in an innovative, environmentally responsible way through distillation of residual wood materials to ensure no trees are unnecessarily harvested for production. Native to Canada, all parts of the Arborvitae tree were used extensively by Native Americans for health benefits and for building vessels, totem poles, baskets, and clothing.

## DIRECTIONS FOR USE

### Aromatic Use:

- Use 3-4 drops in your favorite diffuser.

### Topical use:

- For topical use add one drop of Arborvitae to 20 ml of dōTERRA Fractionated Coconut Oil.
- Use during meditation for a sense of peace and calm.
- Apply to wrists and ankles before hiking or outdoor activities for added motivation.
- Mix 4 drops of Arborvitae essential oil and 2 drops of Lemon essential oil for a wood polish.
- Combine with Cedarwood and Frankincense to create a homemade cologne with a woody, warm scent.\*

## 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.

\* Make sure to follow instructions regarding dilution.