

Cedarwood

Juniperus virginiana 15 ml

dōTERRA® | ISRAEL

Product Information Page



With properties that help to soothe, the warm, woody scent of Cedarwood oil promotes a relaxing environment when used topically or aromatically.

Cedarwood | Juniperus virginiana 15 ml

Aromatic Description: Nutty, woody, sweet

Extraction Method: Steam distillation

Plant Part: Wood

Ingredients: α-cedrene, cedrol, thujopsene

Primary Benefits

- + Creates a comforting and relaxing environment
- + Used by Ancient civilisations for centuries for its countless cosmetic applications.

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. Cedarwood is frequently used in massage therapy.

Uses

- + Diffuse to create a relaxing environment.
- + Add one to two drops to your facial toner or moisturizer to promote clear, healthy-looking skin.
- + Before exercising, massage one to two drops onto chest to ground and focus the mind before a workout.

Directions

Aromatic use: Use three to four drops in the diffuser of choice.

Topical use: dilute 1 drop of Cedarwood oil in 1 ml dōTERRA Fractionated Coconut 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.