

# Vetiver

Vetiveria zizanioides 15 ml

dōTERRA | ISRAEL

Product Information Page



**Vetiver, a member of the grass family, is grown for many reasons. Unlike other grasses, the root system of Vetiver grows down, making it ideal for helping to prevent erosion and providing soil stabilisation.**

**Vetiver** | Vetiveria zizanioides 15 ml

**Aromatic Description:** Sweet, woody, caramel, smoky

**Extraction Method:** Hydro Diffusion

**Plant Part:** Root

**Ingredients:** Isovalencenol, Khusimo

## Primary Benefits

- + Calming, grounding aroma
- + Adds to a relaxing massage
- + Vetiver essential oil is known for its grounding properties when applied topically.

## Description

Vetiver has a rich, exotic, complex aroma that is used extensively in perfumes. Due to Vetiver's calming and grounding aroma, it is an ideal oil to use in massage therapy. It can also be rubbed on the feet before bedtime to prepare for a restful night's sleep.

## Uses

- + Fill the bath tub with warm water and add a couple of drops of Vetiver essential oil the water for deep relaxation.
- + Apply to bottom of feet before bedtime to help promote a restful environment before sleep.
- + Use after a day of standing as part of a soothing massage.
- + Blend with Lavender, dōTERRA Serenity or dōTERRA
- + Balance to promote calmness and a grounding effect

## Directions

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

**Topical use:** Dilute 1 drop of oil in 100 ml of dōTERRA Fractionated Coconut Oil.

## 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.