

Cedarwood

Juniperus virginiana 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A | T | S

Plant Part: Wood

Extraction Method: Steam distillation

Aromatic Description: Nutty, woody, sweet

Main Chemical Components: -cedrene, cedrol, thujopsene

Cedarwood | *Juniperus virginiana* 15 ml

SKU: 60219585

Primary Benefits

- + It can help improve your exercise routine when applied on the skin diluted with a carrier oil
- + Helps keep skin looking healthy
- + Relaxing and grounding aroma

Product 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 essential oil has a grounding aroma. When applied topically, Cedarwood essential oil has clarifying properties and is frequently used in massage therapy.

Uses

- + Cedarwood essential oil can provide an extra boost of vitality before a workout by applying one drop diluted with a carrier oil on your feet.
- + Before exercising, massage one to two drops onto your chest to maintain vitality throughout your workout, and enjoy the vitality-boosting benefits of Cedarwood essential oil.
- + During your facial routine, add one to two drops to your facial toner or moisturizer to promote clear, healthy looking skin.
- + After a difficult day, diffuse to create a relaxing experience.
- + Place a drop on a cotton ball and place in closet to freshen the smell.

Directions for Use

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

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.