

Coriander

Coriandrum sativum 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A I N

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Green, floral, herbaceous

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

Coriander | *Coriandrum sativum* 15 ml

SKU: 60222442

Primary Benefits

- + Similar chemical composition to Lavender.
- + A versatile flavoring component widely used across the world in savory dishes, commonly used in plant form.
- + A fresh aromatic herb, ideal for soups, salads, and seasoning for savory recipes.
- + Creates a relaxing atmosphere.

Product Description

Coriander is an annual herb that grows one meter high and is very aromatic. Coriander has a high linalool content, which helps skin maintain a clear complexion. Coriander's sweet, herbaceous aroma makes 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 for minor relief.
- + Add one drop of Coriander to curry recipes for an extra invigorating boost in flavor.

Directions

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

Internal use: Dilute one drop in 120 mL of liquid.

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