

Vetiver

Vetiveria zizanioides 15 ml

dōTERRA® | INDIA

Product Information Page



Application: **A** **T** **N**

Plant Part: Root

Extraction Method: Hydro Diffusion

Aromatic Description: Sweet, woody, caramel, smoky

Main Chemical Components: Isovalencenol, Khusimol

Vetiver | *Vetiveria zizanioides* 15 ml

SKU: 60222445

Primary Benefits

- + Provides calming, grounding aroma
- + Adds to a relaxing massage

Product Description

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 stabilization. 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

- + Diffuse to create a relaxing ambiance.
- + Use as a massage oil.
- + Add a few drops to a relaxing bath.

Directions for Use

Aromatic use: Add three to four drops to 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.