

Schisandra

Schisandra chinensis 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T N

Plant Part: Fruit

Extraction Method: Steam distillation

Aromatic Description: Medicinal scent, unique schisandra aroma

Main Chemical Components: Ylangene, β -Himachalene

PRIMARY BENEFITS

- Diffuse to create a soothing atmosphere

PRODUCT DESCRIPTION

Schisandra has a long history of application in traditional Chinese medicine and was classified as a top-grade traditional Chinese medicine in the “The Divine Farmer’s Materia Medica”. Schisandra is commonly known as Wuweizi, meaning “five-flavor seed.” The origins of its Chinese name is recorded in the “Newly Revised Materia Medica”: its peel and pulp are sweet and sour, the kernel is spicy and bitter, while both also having a salty taste, and therefore with all five flavors of sour, sweet, bitter, spicy and salty are present in the fruit. Schisandra belongs to the Magnoliaceae genus family. Schisandra essential oil extracted through steam distillation contains some rare essential oil constituents such as ylangene and cedarene, which can be used both topically and aromatically. Schisandra essential oil can help purify the environment when diffused.

USES

- Diffuse to create a soothing atmosphere.

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 dōTERRA fractionated coconut oil to minimize 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.