

# VALERIAN

*Valeriana officinalis 5mL*

*Warm, woody, balsamic, earthy*

*Aromatic description*

## PRIMARY BENEFITS

- Provides a grounding, earthy aroma.
- Complements a healthy sleep regimen when diffused or used topically with a carrier oil.
- Creates a warm, tranquil and comforting atmosphere.

## PRODUCT DESCRIPTION

Valerian is a perennial flowering plant with a documented history of use extending back to ancient Greek and Roman times. One of the oldest and most studied benefits of Valerian essential oil is its ability to improve the quality of sleep. The plant name Valerian comes from the Latin *valere* meaning 'to be well'. Valerian essential oil is steam distilled from valerian root, rich in sesquiterpenes and sesquiterpenols, known for their soothing properties. Valerian essential oil can be used aromatically and topically for its calming and easing

properties. The strong, grounding aroma of Valerian essential oil can be softened when blended with other essential oils including Green Mandarin, Wild Orange, Lavender, and Rosemary.

## USES

- Diffuse as part of your nighttime routine.
- Dilute with a carrier oil and apply topically on the back of the neck or bottoms of the feet at bedtime.
- Add a few drops to bathwater for a relaxing soak.

## 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 minimise any skin sensitivity.

See additional precautions below.

## CAUTIONS

**KEEP OUT OF REACH OF CHILDREN.** Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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