

VETIVER

Vetiveria zizanioides 15 mL

Sweet, woody, caramel, smoky

Aromatic description

PRIMARY BENEFITS

- Calming, grounding effect on emotions.
- Great for relaxing baths and massages.

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 stabilisation. Vetiver has a rich, exotic, complex aroma that is used extensively in perfumes. Due to Vetiver's soothing, grounding effect on the emotions, it is an ideal oil to use in massage therapy. It can also be rubbed on the feet before bedtime to promote a sense of comfort and can be used to flavour food and drinks.

USES

- Add 1–2 drops to tea or hot drinks during Winter time.
- Use as a massage oil to soothe.
- Diffuse with Lavender, dōTERRA Lavender Peace®, or dōTERRA Balance® to provide a sense of balance.

- Use a toothpick to help get the desired amount out of container if Vetiver is too thick to get out of the bottle. A little goes a long way.

DIRECTIONS FOR USE

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

FOOD FLAVOUR USE: Add one or two drops to food.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

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.

PLANT PART: Root

EXTRACTION METHOD:
Hydro Diffusion

MAIN CHEMICAL COMPONENTS:
Carvone, Isovalencenol, Khusimol

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2023 dōTERRA 23082023 MSNZ