

WINTERGREEN

Gaultheria fragrantissima 15 mL

Sweet, minty, refreshing

Aromatic description

PRIMARY BENEFITS

- Great for a warming soothing massage.
- Has a refreshing aroma that uplifts to enliven the senses.

PRODUCT DESCRIPTION

Wintergreen essential oil is derived from the leaves of a creeping shrub found in coniferous areas. The main chemical component in Wintergreen, methyl salicylate, is used in topical creams and massage blends because of its soothing properties to the skin. In fact, Wintergreen and Birch are the only plants in the world that contain methyl salicylate naturally.

When diffused, Wintergreen essential oil has a refreshing, uplifting aroma to help enliven the senses. Through dōTERRA's Co-Impact Sourcing initiative, our Wintergreen comes from Nepal where it is wild harvested by rural villagers then distilled by community-owned distillation facilities. This process helps create increased economic opportunity for very remote regions in rural Nepal.

USES

- Wintergreen essential oil has a warming effect when applied to skin and is excellent as part of

a soothing massage. A little goes a long way, so use sparingly and dilute with a carrier oil to minimise any skin sensitivity.

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. NOT FOR INTERNAL USE. 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. Application to skin may increase sensitivity to sunlight.

FIRST AID "For advice, contact a Poisons Information Centre (e.g. phone Australia 13 11 26; New

Zealand 0800 764 766) or a doctor (at once)". If swallowed, do NOT induce vomiting. If in eyes wash out immediately with water.

PLANT PART: Leaf

EXTRACTION METHOD: Steam distillation

MAIN CHEMICAL COMPONENTS: Methyl salicylate



Certified Pure Tested Grade

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