

# Coriander

Coriandrum sativum 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Oil Attribute Panel: **A** **T** **N**

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Green, floral, herbaceous

Main Chemical Components: Linalool,  $\alpha$ -pinene,  $\gamma$ -terpinene, camphor

## PRIMARY BENEFITS

- Helps maintain a clear complexion
- Aroma promotes relaxation
- May help to reduce the appearance of blemishes

## PRODUCT DESCRIPTION

Coriander is an annual herb that grows three feet high and is very aromatic. Coriander has a high linalool content, which helps skin maintain complexion. Coriander can be soothing to the body. Coriander's sweet, herbaceous aroma is both relaxing and stimulating, making it a good rotation oil to use in blends to add a fresh, herbaceous note. Coriander can be used as a surface cleanser and it blends well with Bergamot, Black Pepper, Cardamom, Cinnamon Bark, Clary Sage, Clove, Cypress, Frankincense, Geranium, Ginger, Grapefruit, Lemon, Wild Orange, Rosemary, Sandalwood, Tangerine, Vetiver, and Ylang Ylang essential oils.

## USES

- Apply to oily skin to maintain a clear complexion.
- Apply to the back of neck or bottom of feet to promote relaxation.
- After a short workout, apply to legs for a soothing massage.

## DIRECTIONS FOR USE

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

**Aromatic use:** Use three to four drops in the diffuser of your choice.

## 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.

