

Vetiver

Vetiveria zizanioides 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A | T | N

Plant Part: Root

Extraction Method: Hydro Diffusion

Aromatic Description: Sweet, woody, caramel, smoky

Main Chemical Components: Isovalencenol, Khusimol

PRIMARY BENEFITS

- Calming, grounding aroma

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 stabilization. Vetiver has a rich, exotic, complex aroma that is used extensively in perfumes. Due to Vetiver's calming, grounding aroma, it is an ideal oil to use in massage therapy. It can also be rubbed on the feet before bedtime to promote a restful environment for sleeping.

USES

- Apply 2–3 drops to the back of the neck or on the heart for feelings of calmness and peace.
- Take a warm bath with a few drops of Vetiver essential oil for deep relaxation.
- Diffuse with Lavender, Serenity™, or Balance® for a calming aroma.
- 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.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any 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.

