

# Wintergreen

*Gaultheria fragrantissima* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A | T | S

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Sweet, minty, refreshing

**Main Chemical Components:** Methyl salicylate

## PRIMARY BENEFITS

- Great for a warming soothing massage after exercise
- Has a refreshing aroma that's uplifting and stimulating

## 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. In fact, Wintergreen and Birch are the only plants in the world that contain methyl salicylate naturally. When diffused, Wintergreen has a refreshing aroma that's uplifting and stimulating. Through dōTERRA's Cō-Impact Sourcing initiative, our new source of Wintergreen comes from Nepal where it is wild harvested by rural villagers then distilled by community-owned distillation facilities. This process creates increased economic opportunity for very remote regions in rural Nepal.

## USES

- Wintergreen has a warming effect when applied to skin and is excellent to use as a soothing massage. A little goes a long way, so use sparingly and dilute with a carrier oil to minimize any skin sensitivity.
- For a soothing bath, add 1–2 drops of Wintergreen essential oil to warm bath water.

## 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

Not for internal use. Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

