

Birch

Betula lenta 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE

CONVENTION KIT ONLY
Limited Time Offer



Application: **Plant Part:**
A T S Bark

Extraction Method:

Steam distillation

Aromatic Description:

Sweet, spicy, minty

Main Chemical Components:

Methyl Salicylate

PRODUCT DESCRIPTION

Native to Canada and the United States, Birch trees can grow up to 75 feet in height. Its peeling bark provides powerful benefits, making Birch essential oil highly valued and sought after. Birch is ideal for massage, providing a soothing, cooling effect. Diffusing and inhaling Birch is stimulating and uplifting. Birch can be applied topically and is beneficial in purifying the skin and maintaining a clear, healthy-looking complexion. Due to its seasonality and limited supply, Birch essential oil is offered by dōTERRA only one time per year, making it even more desirable among CPTG® essential oils.

USES

- Massage into back and legs for a cooling sensation after exercise.
- Place a few drops of Birch on a cotton ball and place in your gym bag to mask any odor.
- Apply to skin to help reduce the appearance of blemishes.

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.

PRIMARY BENEFITS

- Provides a soothing massage
- Promotes healthy-looking skin
- Stimulating aroma promotes feelings

