



Application: A T N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Warm, sweet, flowery, and woody

Main Chemical: β -Caryophyllene, Germacrene D

Cananga | Cananga odorata 15 mL

Primary Benefits

- + Soothing effect.

Product Description

The cananga tree is native to tropical Asia and a member of the sugar apple family. Traditionally used in Ayurvedic health practices, Indonesians place cananga flowers on honeymooners' pillows to guarantee a happy life. Extracted by steam distillation, Cananga essential oil comes from its vibrant yellow flowers. A very similar variety of the Cananga tree provides ylang ylang oil, although Cananga has higher amounts of β -Caryophyllene.

Uses

- + Add two to three drops to a warm Epsom salt bath to create a soothing and relaxing experience.
- + Add one to three drops into diffuser.

Directions

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.