

Hinoki

Chamaecyparis obtusa 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



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

Plant Part: Wood

Extraction Method: Steam distillation

Aromatic Description: Fresh, woody, balsamic

Main Chemical Components: α -pinene,
 Δ -cadinene, Δ -amorphene, α -muurolene

PRIMARY BENEFITS

- Fresh, relaxing aroma
- Soothing to the skin
- Provides a soothing massage

PRODUCT DESCRIPTION

Derived from the wood of the Japanese Hinoki tree, Hinoki essential oil provides a myriad of benefits and uses. Hinoki is soothing to the skin, and when diffused, Hinoki's fresh, woody, and balsamic aroma provides a relaxing environment. It is frequently used in personal care products for its skin benefits and in perfumes for its fresh, airy scent. Additionally, Hinoki essential oil provides a soothing massage. In Japan, the oil is frequently used in baths for relaxation and the tree itself has historical significance. The wood has been used for centuries to build shrines and temples and is still used today in the timber industry. The Hinoki tree has been over-populating in several areas of Japan and through our sourcing program, Hinoki is not only helping to create jobs in rural Japan, but its harvesting is also contributing to Japan's forest management programs. dōTERRA utilizes by-product from the timber industry and culled trees, ensuring that no part of these prized trees goes to waste. This unique, premium oil continues to give back to the people of its native land.

USES

- Diffuse or apply topically on the feet, back, and chest prior to bedtime
- Add two to three drops to your bathwater
- Add four to five drops to your hardwood floor cleaner
- Rub two drops into the palms of your hands and inhale deeply
- Add to your skin care routine

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your 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.

