

Laurel Leaf

Laurus nobilis 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG®

Oil Attribute Panel: A T S

Plant Part: Freshly picked leaves

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, fruity, fresh, camphorous

Main Chemical Components: Eucalyptol (1,8-Cineole), α -Terpinyl acetate

PRIMARY BENEFITS

- Uplifting to the senses
- Supports feelings of clear thinking and concentration
- Cleansing to surfaces

PRODUCT DESCRIPTION

Laurel Leaf essential oil is extracted by steam distillation from the freshly picked leaves of the Laurel evergreen tree that is native to the Mediterranean. With a rich history, laurel leaves have long been a symbol of victory in Greek mythology. Today, laurel leaves are symbols of eternal glory, special achievement, success, and triumph. The oil is known for its bright, spicy, sweet scent. Uplifting to the senses, this aroma can promote confidence and courage as well as feelings of clear thinking and concentration. Laurel Leaf can provide a soothing massage after workout. High in eucalyptol, Laurel Leaf essential oil can be used as a refreshing surface cleanser.

USES

- Use three to four drops in a diffuser for an uplifting atmosphere.
- Ideal for creating a soothing massage experience.
- Place a few drops in your morning shower to invigorate and promote vitality.
- Add one drop to a moisturizer and apply to skin to leave skin looking clean and clear.

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.

