

Litsea

Litsea cubeba 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A | T | N

Plant Part: Fruit

Extraction Method: Steam distillation

Aromatic Description: Citrus, sweet, fruity

Main Chemical Components: Geranial, Neral, Limonene

PRIMARY BENEFITS

- Uplifting and soothing aroma
- Brightens the atmosphere
- Sweet-smelling and lemony

PRODUCT DESCRIPTION

Litsea cubeba is a small evergreen tree with a white and yellow flowers. Despite its lemon-like aroma, the plant isn't part of the citrus family. Cousin to cinnamon and ravintsara, it belongs to the Lauraceae or Laurel family. Also known as May Chang and Mountain Pepper, the plant's small berries resemble peppercorns and are harvested from July through September. Popular in Asia, the plant's roots and branches are used in traditional Chinese medicine. While the fruit is steamed distilled for Litsea essential oil, the timber is sometimes used for furniture or construction. Sweet and soothing, bright and lemony-fresh, inhale straight from the bottle for a quick pick-me-up. Use it in a diffuser to help create a relaxing and cheerful atmosphere. Include Litsea in a bath or massage oil to liven up your day. For a refreshing boost, add it to DIY soaps and lotions. Litsea might just become your new favorite citrus aroma.

USES

- Use it in a diffuser to enliven the atmosphere.
- Add to an uplifting and reviving massage.
- Combine Litsea with complementary oils such as Lavender, Sandalwood, or Frankincense for a balancing, tranquil aroma.

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.

