

Ravintsara

Cinnamomum camphora 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T S

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Fresh, earthy, woody, and peppery

Main Chemical Components: Eucalyptol, Sabinene, α -terpineol

PRIMARY BENEFITS

- Good surface cleanser
- Aids in meditation practice

PRODUCT DESCRIPTION

Ravintsara, not to be confused with Ravensara, is derived from the leaves of *Cinnamomum camphora* and the uses and benefits of this oil are many. Although Ravintsara and Ravensara are in the Lauraceae family, Ravintsara is milder and more similar to Eucalyptus and Camphor. Ravintsara is an effective air freshener. Combine with essential oils like Roman Chamomile, Copaiba, Eucalyptus, or Rosemary to encourage a refreshed atmosphere. Incorporate into your favorite dōTERRA skin cleanser for added cleansing benefits.

USES

- Diffuse in any room to provide a refreshing, herbal scent.
- Dilute in a carrier oil as part of a relaxing massage.
- Add one to two drops to a soothing Epsom salt bath.
- Add a few drops to a spray bottle with water and spray on surfaces or hands.

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.

