

# Arborvitae

*Thuja plicata* 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

**Application:** A T N

**Plant Part:** Wood

**Extraction Method:** Steam distillation

**Aromatic Description:** Woody, warm, earthy

**Main Chemical Components:** Methyl thujate, Methyl-Myrtenate, Terpinen-4-ol

**Arborvitae** | *Thuja plicata* 5 mL

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## Primary Benefits

- + May help promote clear, healthy-looking skin when applied topically, based on preclinical research
- + Powerful cleansing agent
- + Provides a warm, earthy aroma

## Description

Known as the “tree of life,” arborvitae is majestic in size and abundant in unique benefits. dōTERRA CPTG® Arborvitae essential oil is sourced from the heartwood of the *Thuja plicata* tree. It is also known as the Western Red Cedar and is native to North America (primarily Canada and the Northwestern United States). This unique source of Arborvitae essential oil contains a distinct chemical profile and is uniquely concentrated in methyl thujate. The oil has a warm, earthy aroma and is often used in meditation. Arborvitae can also be used as an effective cleaner both on the skin and for household chores.

dōTERRA sources Arborvitae essential oil in an environmentally responsible way through distillation of residual wood materials to ensure no trees are unnecessarily harvested for production.

## Uses

- + Add a few drops to a spray bottle with water and spray on surfaces or hands for a quick DIY cleaner.
- + Apply to wrists and ankles while hiking or enjoying other outdoor activities for a pleasant aroma.
- + Diffuse to freshen the air.
- + Mix 4 drops of Arborvitae essential oil and 2 drops of Lemon essential oil in 6 ounces of water for a natural wood polish.
- + Use during meditation to create an atmosphere of peace and calm.

## Directions

**Aromatic use:** Use 3-4 drops in the diffuser of choice.

**Topical use:** Apply 1-2 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.

### Application Methods

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### Skin Sensitivity

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