

Birch

Betula lenta 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T S

Plant Part: Bark

Extraction Method: Steam distillation

Aromatic Description: Sweet, spicy, minty

Main Chemical Composition: Methyl Salicylate

Birch | *Betula lenta* 5 mL

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Primary Benefits

- + Delivers a stimulating, refreshing aroma similar to Wintergreen
- + Contributes to a soothing massage
- + Promotes healthy-looking skin

Description

Birch essential oil comes from the bark of *Betula lenta* tree, known as black birch, cherry birch, or sweet birch. With a familiar, crisp, and minty aroma CPTG® Birch essential oil provides powerful benefits. Diffusing the refreshingly spicy, minty aroma of Birch promotes a stimulating and uplifting environment. Birch can be applied topically to help maintain a healthy-looking complexion.

Birch essential oil has been used traditionally for many years, but it's typically only available in small volumes due to the complexity of raw material preparation and distillation. Sourcing pure, unadulterated Birch oil is difficult. After a long search to ensure a consistent raw material sourcing network, the dōTERRA Sourcing Team found a Pennsylvania family that sustainably produces pure Birch essential oil. They've even been keeping records of their experience and knowledge of birch for generations. dōTERRA is now partnering with this small-batch birch grower and distiller to make pure Birch essential oil a permanent offering.

Uses

- + Massage into back and legs for a cooling sensation after exercise.
- + Place a few drops on a cotton ball and place in your gym bag to mask odors.
- + Apply to the skin to help reduce the appearance of blemishes.

Directions

Aromatic use: Add three to four drops to the diffuser of your choice.

Topical use: Apply one to two drops to the desired area. Dilute with a carrier oil to minimize any skin sensitivity.

See additional precautions below.

Cautions

Not for internal use. 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.