

# Litsea

Litsea cubeba 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**CP** **TG** Certified Pure Therapeutic Grade®

**Application:** **A** **T** **I** **N**

**Plant Part:** Fruit

**Extraction Method:** Steam distillation

**Aromatic Description:** Citrus, sweet, fruity

**Main Chemical Components:** Geranial, Neral, Limonene

## PRIMARY BENEFITS

- Calming to the muscles when taken internally\* and to the skin when use topically
- Promotes clean and clear skin
- May help promote healthy cardiovascular, immune, nervous, and respiratory systems\*

### Litsea

Litsea cubeba 15 mL

Part of the August 2018  
200 PV Promotion



## PRODUCT DESCRIPTION

*Litsea cubeba* is an evergreen tree or shrub belonging to the Lauraceae family. Its fruit produces Litsea—a lemon-like essential oil with a wide range of uses and benefits. Being native to East Asia, Litsea has a long history of traditional use by the indigenous people of Taiwan. Due to its high content of geranial and neral, Litsea essential oil works well as a surface cleanser in the home. In addition, Litsea helps support healthy immune, cardiovascular, respiratory, and nervous systems.\* When diffused, Litsea can have strong rejuvenating effects that add a fresh and bright energy to your day! Providing antioxidant support\* and cleansing to the skin, Litsea essential oil is an excellent addition to your daily routine.

## USES

- Add to your daily routine to promote clear breathing and support a healthy respiratory system.\*
- Combine Litsea essential oil with water in a spray bottle to cleanse surfaces and refresh the air throughout the home.
- When experiencing anxious feelings, drop one or two drops of Litsea essential oil into a glass of water to help soothe and calm the senses.\*
- Add one or two drops of Litsea to your daily facial cleanser to help reduce the appearance of blemishes.
- Combine Litsea with complimentary oils such as Lavender, Sandalwood, or Frankincense in your dōTERRA diffuser to promote feelings of balance and tranquility.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**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.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.