

# Ravintsara

*Cinnamomum camphora* 5 mL

dōTERRA®

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T S

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Fresh, earthy, woody, and peppery

**Main Chemical Components:** 1,8-cineole, Sabinene,  $\alpha$ -terpineol

**Ravintsara** | *Cinnamomum camphora* 5 mL

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## Primary Benefits

- + Creates a refreshing environment
- + Provides a calming and soothing aroma
- + Aids in meditation practice

## Description

Ravintsara, not to be confused with ravensara, is derived from the leaves of *Cinnamomum camphora* tree, and has many uses and benefits. CPTG® Ravintsara is known for its mild, eucalyptus-like aroma. When diffused, it creates a refreshing atmosphere and is an effective air freshener. Include Ravintsara in a comforting massage, in a warm bath, or in your daily skin cleansing routine.

## Uses

- + Diffuse in your home, office, or car.
- + Include in a carrier oil as part of a daily skin cleansing routine.
- + Add a few drops to a soothing Epsom salt bath.
- + Place a drop onto a cotton ball and breathe in the aroma.

## Directions

**Aromatic use:** Add 3–4 drops to 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're pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

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