

Wintergreen

Gaultheria procumbens 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: **Plant Part:**



Leaf

Extraction Method:

Steam distillation

Aromatic Description:

Sweet, minty, refreshing

Main Chemical Components:

Methyl salicylate

PRODUCT DESCRIPTION

Wintergreen essential oil is derived from the leaves of a creeping shrub found in coniferous areas. Growing up to six inches in height, Wintergreen contains bright red fruit, has oval leaves, and small, white bell-shaped flowers. The main chemical component in Wintergreen, methyl salicylate, is used in topical joint creams to soothe sore muscles and joints; in fact, Wintergreen and Birch are the only plants in the world that contain methyl salicylate naturally. As a flavoring, Wintergreen is used in candies, toothpaste, and chewing gum. When diffused, Wintergreen promotes healthy respiratory function and its refreshing and cooling aroma evokes clarity, awareness, and concentration.

USES

- Wintergreen has a warming effect when applied to skin and is excellent to use in a massage to relieve sore muscles. A little goes a long way, so use sparingly and dilute with Fractionated Coconut Oil to minimize any skin sensitivity.
- For a soothing bath, add 1–2 drops of Wintergreen essential oil to warm bath water.
- Wintergreen essential oil is not recommended for internal use and should be stored out of reach from children.

PRIMARY BENEFITS

- Soothes achy muscles and joints
- Promotes healthy respiratory function
- Frequently used in gum, candy, and toothpaste for flavoring

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 dōTERRA Fractionated Coconut 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.

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Part Number: 30230001

Wholesale: \$16.00

Retail: \$21.33

PV: 16.00

