

# 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:** Minty, sweet, and slightly woody

**Main Chemical Composition:** Methyl Salicylate

**Birch | *Betula lenta* 5 mL**

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## Primary Benefits

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

## Description

Birch essential oil comes from the bark of the *Betula lenta* tree, known as black birch, cherry birch, or sweet birch. Though Wintergreen and Birch have a very similar chemical composition, dominated by methyl salicylate, those with an astute sense of smell will notice an important distinction: pure dōTERRA CPTG® Birch is more nuanced than CPTG Wintergreen, with a papery, lightly minty, sweet, and slightly woody aroma.

Birch essential oil has been used traditionally for many years, but it has typically only been available in small volumes due to the complexity of raw material preparation and distillation. Sourcing pure, unadulterated Birch essential oil is difficult and it's taken dōTERRA chemists significant time researching and perfecting how to detect the biomarkers and differences between Birch oil, Wintergreen oil, and synthetic methyl salicylate.

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. The family has kept records of their experience and knowledge of birch for generations. dōTERRA is now partnering with this small-batch birch grower and has opened the world's first commercial-scale birch distillery to provide 100% pure Birch CPTG essential oil.

## Directions

- + Diffuse to promote a stimulating and uplifting environment.
- + Apply topically to help maintain a glowing complexion.
- + Massage into back and legs for a cooling sensation.

## Uses

**Aromatic use:** Add 3-4 drops to the diffuser of your choice.

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

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

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