

# Coriander

*Coriandrum sativum* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

**Application:** A T I N

**Plant Part:** Seed

**Extraction Method:** Steam distillation

**Aromatic Description:** Green, floral, herbaceous

**Main Chemical Components:** Linalool,  $\alpha$ -pinene,  $\gamma$ -terpinene, camphor

## PRIMARY BENEFITS

- Similar chemical composition to Lavender
- Helps maintain a clear complexion
- Creates a relaxing atmosphere

### Coriander

*Coriandrum sativum* 15 mL

Part Number: 30780001

## PRODUCT DESCRIPTION

Coriander is an annual herb that grows three feet high and is very aromatic. Coriander has a high linalool content, which helps skin maintain a clear complexion. Coriander's sweet, herbaceous aroma makes it a good rotation oil to use in blends to add a fresh, herbaceous note.

## USES

- Take a few drops internally after eating large meals.
- Apply to oily skin to maintain a clear complexion.
- Apply to the back of neck or bottom of feet.
- After a short workout, apply to legs for a soothing massage.

## 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.