

# Hinoki

*Chamaecyparis obtusa* 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

**Application:** A T N

**Aromatic Description:** Fresh, woody, balsamic

**Extraction Method:** Steam distilled

**Plant Part:** Wood

**Main Chemical Composition:**  $\alpha$ -pinene,  $\Delta$ -cadinene

**Hinoki** | *Chamaecyparis obtusa* 5 mL

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## Primary Benefits

- + Fresh, relaxing aroma
- + Soothing to the skin according to emerging research
- + Provides a soothing massage

## Product Description

Derived from the wood of the Japanese Hinoki tree, Hinoki essential oil provides a myriad of benefits and uses.

According to emerging research, Hinoki is soothing to the skin. When diffused, its fresh, woody, and balsamic aroma provides a relaxing environment. It is frequently used in personal care products for its skin benefits and in perfumes for its fresh, airy scent. Additionally, Hinoki essential oil provides a soothing massage. In Japan, the oil is frequently used in baths and the tree itself has historical significance. The wood has been used for centuries to build shrines and temples and is still used today in the timber industry. Although Hinoki's usefulness has led to the demise of this species in the wild, through a dōTERRA Co-impact Sourcing® program, Hinoki is not only helping to create jobs in rural Japan, but its harvesting is also contributing to Japan's forest management programs. dōTERRA utilizes by-product from the timber industry and culled trees, ensuring that no part of these prized trees goes to waste. This unique, premium oil continues to give back to the people of its native land.

## Uses

- + Diffuse or apply topically on the feet, back, and chest prior to bedtime.
- + Add two to three drops to your bathwater.
- + Add four to five drops to your hardwood floor cleaner.
- + Rub two drops into the palms of your hands and inhale deeply.
- + Add to your skin care routine.

## Directions

**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 cautions 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.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

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