

Ravintsara

Cinnamomum camphora 5 mL

dōTERRA®
Product Information Page



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, α -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

N Neat D Dilute S Sensitive Skin