

# Wintergreen

*Gaultheria procumbens* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CP**TG 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

