



PRODUCT DESCRIPTION

Vetiver is widely utilized in perfumes because of its abundant, striking and composite fragrance. In massage therapy, Vetiver oil is used to boost blood circulation and to soothe emotions. This herb is also crucial in boosting concentration and mental clarity. For a restful night, Vetiver is rubbed on the bottom of the feet prior to sleeping. This herb stimulates the systems of the body and also boosts immunity.

PRIMARY BENEFITS AND SAMPLE USES

- » Helps to relieve nervousness
- » Boosts healthy blood circulation
- » Balances emotions
- » Improves immune health
- » Promotes mental clarity and focus
- » Helps to relax
- » Cools body from overheat or fever
- » Relieves sore muscles and joints

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the Purely diffuser.

Topical: Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Bergamot, Clary Sage, Grapefruit, Lavender, Lemon, Lemongrass, Wild Orange, Patchouli and Ylang Ylang

COUNTRY OF ORIGIN Sri Lanka

EXTRACTION METHOD Steam distillation



DIFFUSION



TOPICAL



STEAM



INGEST

DILUTION TABLES

| Drops of EO for 1 tsp. of carrier oil | |
|---------------------------------------|---|
| 1% | 1 |
| 2% | 2 |
| 5% | 5 |

SKU# 1030
retail: \$49

VETIVER

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



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