



rareESSENCE[®]

AROMATHERAPY

VETIVER

100% PURE ESSENTIAL OIL

Botanical Species: *Vetiveria zizanioides*

Origin: Haiti

Steam distilled from the dried root of the plant. Vetiver is a tall grass that grows in India, Sri Lanka and Asia. The rootlets are dried and then soaked in water prior to distillation. This oil is sourced from Java in Indonesia and has a smoky note. The grass is cut and fed to cattle or used for grass mats and then burned off before digging up the roots.

Vetiver is very thick and viscous, so you may need to warm the bottle in your hands prior to dispensing.

***RECOMMENDED USES:**

Vetiver is good for calming the mind and also useful for dry skin and aching joints and muscles.

For a super luxurious massage mix 2 drops Vetiver, 2 drops Jasmine, 2 drops Sandalwood and 2 drops Myrrh with 2 tablespoons of rareESSENCE Organic Golden Jojoba, Fractionated Coconut oil or Massage Oil blend. Rub in a circular motion.

For a relaxing bath mix 4 drops Vetiver, 4 drops French Lavender and 4 drops Patchouli into 1 tablespoon with rareESSENCE Organic Golden Jojoba, Fractionated Coconut oil or Massage Oil blend and add to a warm bath.

CONTRAINDICATIONS

Non-toxic, non-irritating in prescribed doses.

HOW TO PROPERLY DISPENSE YOUR ESSENTIAL OIL:

Some essential oils have a thick viscosity at room temperature. This can make dispensing the oil more difficult. We recommend that you warm the oil in your hands for a minute or two which will make the oil flow more easily. Vetiver is a thick oil and can take upwards of 1 to 2 minutes in order to dispense from the dropper. Be patient, it's worth it!

WHAT IS AROMATHERAPY?

Aromatherapy is the practice of using essential oils to complement the body's own healing processes and enhance mental, emotional, and physical well-being. Essential oils are extracted directly from natural plant material, usually through steam distillation or expression. The resulting concentrated extracts are said to contain the essence or "life force" of the plant. Various plant species have unique and beneficial properties that have been used for thousands of years to aid in healing, calming, and pain relief, among other ailments. The natural components in these oils serve to provide plants protection from insects and animals, encourage pollination, and aid the plant with their antifungal and antibacterial properties. Certified Aromatherapists use essential oils for specific conditions and complementary therapies – you can also utilize essential oils in your own home and personal care for great benefit. This blend of essential oils has been expertly selected by our Certified Aromatherapists for quality, purity and aroma.

TOP QUALITY ASSURED

rareESSENCE essential oils are consciously-sourced worldwide. These oils are 100% pure and of the highest quality. They are extensively tested by chemical analysis, gas chromatography and odor evaluation by an essential oil chemist. They are natural and undiluted (unless otherwise stated). rareESSENCE also carries a range of pure and, wherever possible, cold-pressed and organically produced carrier oils, as well as diffusers, perfumes, candles and more.

***GENERAL SUGGESTED USES FOR ESSENTIAL OILS AT HOME.
VISIT OUR WEBSITE FOR SPECIFIC INFO ON EACH OIL AND FOR ADDITIONAL USES.**

MASSAGE: For adults, mix 3 to 6 drops of the essential oil in 1/2 ounce of a suitable carrier oil, like coconut or jojoba oil; for children, elderly or women pregnant or nursing, halve the ratio of essential oil. See specific contraindications for guidance on oils. Certain oils are not appropriate for this usage.

BATH: First dilute 8 drops of essential oil into a half ounce of carrier oil and stir into a warm bath. The carrier oil will help to more evenly disperse the oil into the water. This should not be used with oils that are irritants or for people with sensitive skin. Use caution when entering or exiting bath due to the slipperiness of the oil.

VAPORIZER: Use 5 to 10 drops per 1/2 cup of water to create a pleasant atmosphere.

CAR: Put a few drops in a car diffuser or on a tissue or cotton ball to refresh.

COMPRESS: Add 4 to 5 drops of essential oil in a small basin of cool or warm water; soak a clean soft cloth or gauze and apply to the desired area. Avoid eyes or mucous membranes. Not suitable for all oils.

FOOT SOAK: Mix 4 to 5 drops of essential oils with a teaspoon of carrier oil, like coconut or jojoba, and mix well in a basin of warm water. Soak feet for 20 to 30 minutes. Not suitable for all oils.

INHALATION: Heat a pan of water until it is steaming. Remove from heat and carefully pour into a stable ceramic, glass or stainless steel bowl. Add 4 drops of essential oil to water, and place towel over both your head and the bowl to help contain the vapors. Breathe in normally for 5 to 7 minutes. Use less oil and time for elderly or children. Use extreme care with HOT water to avoid burns. Closely supervise elderly or children.

PILLOW: Try a couple drops or a spray mist (see below) on your pillow at night for restful sleep.

STUDYING: Add 2 drops of an uplifting essential oil (e.g. Rosemary, Peppermint or Lemon) to a tissue or cotton ball and inhale occasionally for an extra boost of stimulation.

SPRAY MIST: Add 1 to 2 drops per ounce of distilled or filtered water in a fine spray mister. Shake well to create your own natural room spray. Avoid spraying toward eyes, on pets, plants or on polished finished surfaces.

CARE OF YOUR rareESSENCE ESSENTIAL OILS

Store essential oils in dark glass bottles, upright, at a steady temperature away from bright sunlight. Essential oils are flammable and may also corrode polished surfaces, rubber and plastic.

PRECAUTIONS

Essential oils, if used correctly, are safe and pleasant to use. They are, however, very concentrated and powerful so certain precautions should be taken. If there's any doubt about their safe use or effects, consult a qualified aromatherapist or seek medical advice. Some general guidelines for safe use are:

- Keep out of reach of children and pets.
- For external use only unless prescribed by a healthcare practitioner.
- Avoid contact with the eyes and mucous membranes.
- Seek professional/medical advice before use if you are pregnant.
- Dilute before use on skin (or in the bath if you have sensitive skin).
- Seek medical advice before use if you have a medical condition (such as epilepsy, high blood pressure, etc).
- If you have an adverse reaction to an essential oil, stop use immediately and seek professional/medical advice.

Dilution Guidelines

Essential oils are potent and require care in use. Generally, essential oils should not be applied "neat" or undiluted to the skin since this can potentially cause a severe reaction or sensitization. When applying essential oils to the skin, it's important to dilute them in carrier oils such as jojoba or coconut oil. Keep in mind, when using essential oils, less is usually better.

We highly recommend consulting your healthcare practitioner when using essential oils during pregnancy when taking medication or for children and infants under two years of age.

For children under 12* :

0.25 - 0.5% dilution = 1-3 drops of essential oil per ounce of carrier

For adults and children 12 and over :

1% dilution = 6 drops of essential oil per ounce of carrier

3% dilution = 20 drops of essential oil per ounce of carrier

2% dilution = 12 drops of essential oil per ounce of carrier

5% dilution = 30 drops of essential oil per ounce of carrier

*Please note: Not all essential oils are safe for children. Consult a certified aromatherapist or healthcare practitioner.

*** THIS PRODUCT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

Please visit our website to see our full line of essential oil single notes, blends and inhalers as well as our 100% pure essential oil-based products, including room mists, reed diffusers, electronic diffusers, natural soy candles and pure essential oil perfumes. rareESSENCE welcomes your comments and suggestions. For more information, please contact us at:



No Animal Testing
Cruelty-Free

rareESSENCE, LLC
MINNEAPOLIS, MN 55344
P: 952.923.1015
www.rareESSENCEaromatherapy.com



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