Ravintsara
*Cinnamomum camphora*

The Ravintsara essential oil is one oil that can deal with a variety of ailments, right from infections to depression. Ravintsara is fresh and similar to Eucalyptus in fragrance.

**Size:** 15ml

**APPLICATION METHODS:** Can be used aromatically - Can be used topically

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**Primary Benefits**
Emotionally, the oil shows a lot of promise for use in helping to focus in the midst of stressful situations and for helping to calm the nerves.

**Directions for use**
**Diffusion:** Use three of four drops in a diffuser.
**Topical Use:** Apply 3 drops of oil with a teaspoon of carrier oil and apply to area affected by soreness or pain.

**Cautions**
Do not take any oils internally and do not apply undiluted essential oils onto the skin without advanced essential oil knowledge or consultation from a qualified aromatherapy practitioner. If you are pregnant, epileptic, have liver damage, have cancer, or have any other medical problem, use oils only under the proper guidance of a qualified aromatherapy practitioner. Use extreme caution when using oils with children and be sure to first read the recommended dilution ratios for children.

**Aromatic Description**
Fresh, earthy, eucalyptus-like with woody and subtle peppery notes.

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**Collection Method**
Steam distilled.
**Plant Part**
Leaves

**Main Constituents**
Cineole, Sabinene, Terpineol, Pinene

**Description**
The aroma of Ravintsara Essential Oil is somewhat similar to Eucalyptus in some ways, but I find it to be greener. Aromatically, it blends especially well with Eucalyptus and oils in the wood, mint and citrus families.

**Uses**
- Apply 3 drops of oil with a teaspoon of carrier oil to your chest to relieve breathing troubles.
- Diffuse or inhale directly from the bottle. Apply topically to your temples and back of neck to relieve anxiety.
- Add a few drops of Ravintsara to a teaspoon of carrier oil and massage it into your muscles and joints

**Properties**
analgesic, anti-allergenic, antibacterial, anti-inflammatory, antimicrobial, antidepressant, anti-fungal, antiseptic, antiviral, disinfectant, expectorant, relaxant.