



Vetiver

Vetiveria Zizanioides Essential Oil

Vetiver provides a wonderful calming and grounding effect on the mind and emotions. It promotes a restful sleep and is useful to dispel irritability and anger.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

Primary Benefits

Calming, grounding effect on mind and body, dispel anger and irritability, supporting healthy immune function, balancing to hormonal system, nourishing for the skin

Directions for Use

Diffusion: Use three to four drops in a diffuser

Internal use: Dilute one drop in 4 fl. oz. of liquid

Topical use: Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

Aromatic Description

Sweet, woody, earthy, musty

Collection Method

Hydro Diffusion

Plant Part

Root

Main Constituents

Carvone, Isovalencenol, Khusimol

Description

Vetiver has a wonderful effect on the mind and body. Because of its calming and grounding effect on emotions, Vetiver is an ideal oil to use in massage therapy. It revitalizes the body and helps with mental and physical exhaustion and general aches and pains. It also has a positive effect on hormonal balancing. It can be rubbed on the big toe of your foot or on bottoms of feet before bed to promote a restful night's sleep. Diffusing Vetiver calms and soothes the mind and helps to calm anger and irritability as stress and tension are reduced. Vetiver also supports a healthy and strong immune system.

Uses

- Diffuse to calm and dispel anger and irritability
- Add to carrier oil to calm emotions and aid in restful sleep
- Add to bath to help with nervous complaints and balancing the hormonal system
- Add to base cream to moisturize and nourish the skin; specifically dry, irritated and dehydrated skin
- Add to skin care regimen to help reduce wrinkles and stretch marks
- Add to bath to aid in relaxation and calm stress and tension
- Diffuse to lessen stress and calm anxiety

Properties

Anti-Rheumatic, Anti-Septic, Anti-Spasmodic, Bactericidal, Carminative, Diuretic, Expectorant, Hypertensive, Insecticide, Stimulant

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



Experience All That
Nature Has To Offer At
www.sparknaturals.com