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

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

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 nights 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.