



## WINTERGREEN Essential Oil



**Botanical Name:** *Gaultheria Procumbens*

**Main Constituents:**

Methyl Salicylate: 99%

**Plant Part:** Leaves

**Origin:** China

**Processing Method:** Steam Distilled

**Child Safe:** No

**Description / Color / Consistency:** Distillation during the rainy season results in a thin pinkish oil whereas distillation in early winter gives a reddish oil.

**Aromatic Summary / Note / Strength of Aroma:** A middle note with a strong aroma, Wintergreen has a characteristic sweet and minty scent similar to Sweet Birch, a main component in the flavour of root beer, with spicy tones.

Wintergreen is sometimes mistakenly believed to be a member of the mint family partly because it possesses a strong, crisp, mint-like aroma.

Wintergreen Essential Oil is typically comprised of at least 96% methyl salicylate, an ester that can be toxic when not used with great care.

Wintergreen Essential Oil is praised for its ability to reduce pain and inflammation. However, it must be used sparingly and with immense caution as numerous reports of poisoning have occurred.

Wintergreen Essential Oil has a beautiful, fresh, sweet, minty aroma and is primarily used topically for muscle and joint relief. It is to be used in small amounts, with caution, and for a short duration: this oil is powerful, and a little goes a long way.

### SUBTLE AROMATHERAPY

- Wintergreen oil helps to clear the mind and is grounding.

### Application

#### INHALATION

- diffuser, oil vaporizer
- Diffusing Wintergreen essential oil in your home can improve mental alertness. It also acts as a natural antidepressant and will reduce feelings of stress and anxiety.



- Diffuse for respiratory benefits.
- Use infrequently and in small amounts.

#### TOPICAL

- massage, compress, skincare
- The essential oil of Wintergreen is made up almost exclusively of methyl salicylate, a precursor to common aspirin. Salicylates pass through the skin, entering the tissues to inhibit the formation of prostaglandins, thereby reducing inflammation and pain.
- For skincare, Wintergreen can be used directly on acneic blemishes in a 10% concentration, but must be avoided elsewhere on the skin of the face.
- To ease the discomfort of sore muscles, tendons and joints Wintergreen can be added up to a 10% concentration to a carrier oil and massaged into afflicted areas. In this concentration it can also be added to formulas for joint and muscle pain.
- Use infrequently, in small amounts, and heavily diluted. **NEVER** use on children.

#### INGESTION

- **NEVER** ingest!

#### Aromatherapy Details

- Wintergreen essential oil is fresh, minty, and intensely sweet with woody, herbaceous undertones.
- Wintergreen essential oil blends well with [Oregano](#), [Peppermint](#), [Spearmint](#), [Thyme](#), and [Ylang Ylang](#).

#### Safety

Toxic, irritant and sensitizing. Always test a small amount first for sensitivity or allergic reaction.

**Do not** ingest.

**Do not** use if are allergic to aspirin.

**Do not** use if you are on a blood thinner; compounds containing salicylates such as Wintergreen potentiate blood-thinning drugs such as warfarin.

**Do not** use on children.

Use only in topical dilutions of 25% or less to limit the transdermal absorption levels. Wintergreen oil can be absorbed transdermally in sufficient quantity to cause poisoning in humans.

[All About Wintergreen Oil](#)



**\*\*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.**

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