

WINTERGREEN

Gaetheria fragrantissima



Essential Singles

**REFRESHING,
ANALGESIC,
ANTI-RHEUMATIC**

Wintergreen contains Methyl Salicylate, the same active ingredient as Birch, and is quite beneficial for soothing tension headaches and overworked muscles. Methyl Salicylate is an integral part of almost every analgesic and anti-arthritic balm for muscle and joint pain available on the market today.

When used aromatically, Wintergreen Essential Oil is said to have powerful emotional and spiritual benefits in addition to its physiological uses. It can assist us in letting go, surrendering control, and trusting the process of life. It's good for issues surrounding control, arrogance, or lack of trust for others. Wintergreen Essential Oil helps us to release pain, old habits, or beliefs, and lean into our own spiritual understanding.

Wintergreen's clean, refreshing taste has also made it a popular flavoring in a wide variety of products from toothpaste to rootbeer.

Available in: 10ml Bottle

daily uses

BATH

- Add 10-20 drops to ½ cup Pink Himalayan or Dead Sea salts, dissolve into warm bath water, and soak to relieve headaches, coughs, or stress-related tension.

DIFFUSION

- Diffuse 10 to 15 drops for up to 10 minutes every hour to ease congestion and lift & support mood and emotional balance.

INHALATION

- Inhale a drop or two from a tissue or cotton ball as needed.

TOPICAL

- Add 5-10 drops to 1 ounce of carrier oil and massage into skin for colds, coughs, infections, headaches, fevers, and nervous tension.

RESPONSIBLE CAUTIONS

- Contains 85+% methyl salicylate; may increase the anticoagulant action of blood thinners when applied topically.
- Always dilute with carrier oil for topical application; patch test before applying to large areas.
- Not recommended for use during pregnancy.
- Not recommended for use by those with epilepsy.
- Not recommended for use in children younger than 5 years of age.

attributes

PRODUCING ORGAN

Leaves

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Nepal

PROPERTIES

Antispasmodic, anti-inflammatory, anti-rheumatic, antiseptic, analgesic, disinfectant, anticoagulant, vasodilator and stimulant.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

