



Wintergreen Essential Oil

DESCRIPTION: Stimulating and soothing. Diffuse this minty aroma to inspire feelings of warmth and relief to body and mind.

TOP AROMATHERAPY BENEFITS: stimulate • relieve • soothe

AROMA: Cool & Minty

BLENDS WITH: Bergamot, Lavender, Peppermint

INGREDIENTS: Gaultheria procumbens (wintergreen) leaf oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. Avoid use if pregnant or breastfeeding. If under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Not intended for use on children.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a stimulating and soothing aromatherapy experience.

Linen Mist

Add a few drops to a spray bottle, shake well and use as a linen mist.

Soothe Joints

Add 1-2 drops of wintergreen to carrier oil and use for a warming massage on sore muscles or achy joints.

Cleanse Body Odor

Add a few drops to a warm bath for a odor-cleansing soak.

Shampoo Boost

Add a few drops to shampoo and massage into scalp to encourage hair growth.

Daily Shower Spray

Add 1 cup of water to a spray bottle and combine with 1 tablespoon liquid Castille soap, 5 drops each of wintergreen and lavender oil. Use after showering on tile and glass.

Clean Sweaty Clothes

Add 10-15 drops per gallon of water and soak gym clothes and sports gear before adding to washing machine.

Gym Bag Deodorizer

Add a drop to a cotton ball and place in gym bag to mask the smell of sweaty gym clothes.

Vapor Rub

Create a homemade vapor rub by combining 2 drops each of eucalyptus and wintergreen with a carrier oil and apply to chest.

Encourage Relaxation

Diffuse or dilute and use topically to encourage relaxation when experiencing nausea, bloating or indigestion.

Healthy Eating Habits

Dilute and apply to pulse points when trying to avoid sugar and overeating.

Encourage Metabolism

Combine with a carrier oil and apply to wrists and chest when dieting and exercising.

DIY AROMATHERAPY BLENDS:

Be Alert: Wintergreen + Rosemary

Calm & Cool: Wintergreen + Lavender + Lemongrass

Cleanse the Air: Wintergreen + Basil + Eucalyptus

Energy Booster: Wintergreen + Lemongrass + Orange

Falling Snow: Wintergreen + Canadian Fir + Clove

Feel Refreshed: Wintergreen + Bergamot + Eucalyptus

Fresh Air: Wintergreen + Canadian Fir + Eucalyptus

Hot & Cool: Wintergreen + Cinnamon

Winter: Wintergreen + Canadian Fir + Peppermint

Dilution Ratio: Best practices state that one ½ tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential 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.