

# Wintergreen Essential Oil



## Product Details

**Botanical Name:** *Gaultheria procumbens*

**Country of Origin:** China

**Extraction Process:** Steam Distilled

**Part of the Plant Used:** Leaves



**Description:** Wintergreen Essential Oil has a minty, strong aroma. Wintergreen comes from the leaves of the the Wintergreen herb native to Asia and North India. This herb has been used for many years by boiling down the leaves and applying them to effected areas of pain, helping to ease them of discomfort. The Wintergreen oil steam distilled from the same leaves is powerful and very useful for some of the same symptoms. Some people even love the scent diffused in their homes to create a strong, minty atmosphere.

**Common Uses & Benefits:** Wintergreen has been traditionally used to help coughs, colds, flu, muscular aches and pains, rheumatism, exhaustion, tension, and headaches.

**Therapeutic Properties:** Analgesic, Antimicrobial, Antiseptic, Antispasmodic.

**Directions:** Recommended to properly blend in a carrier oil prior to topical applications. We recommend a dilution no greater than 2.4%. Patch test before use in case of sensitivity.

### Blends Well With:

Camphor, Eucalyptus Radiata, Peppermint, Clove, Rosemary, Geranium.

**Cautions:** Possible skin sensitivity. Can cause blood clotting. If using any blood thinning medication or aspirin avoid using Wintergreen. Wintergreen oil should not be used during or shortly after a viral fever. Keep out of reach of children. Do not use on children under the age of 12 years. Do not use if pregnant or breastfeeding. If under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

Barefut Essential Oils is owned and operated by Certified Aromatherapists  
[www.Barefut.com](http://www.Barefut.com)