

Wintergreen Organic Essential Oil



Main Constituents:

Methyl salicylate: 97.40%

Certified Organics: This Organic Oil is NOP Certified. The National Organic Program develops, implements, and administers national production, handling, and labeling standards for organic agricultural products. The QAI also accredits the certifying agents (foreign and domestic) who inspect organic production and handling operations to certify that they meet USDA standards.

Botanical Name: Gaultheria Procumbens

Plant Part: Leaves

Extraction Method: Steam Distilled

Origin: Nepal

Description: Wintergreen is a small evergreen herb which grows up to 15cm (6 in) high with slender stems, leathery serrated leaves, drooping white flowers followed by fleshy scarlet berries.

Color: Distillation during the rainy season results in a light red or pinkish oil whereas distillation in early winter gives reddish colored oil.

Common Uses: Organic Wintergreen Essential Oil is credited with having therapeutic properties as an antiseptic, a diuretic, stimulant, emenagogue and anti-rheumatic. It is very useful in many rheumatic conditions, for gout and stiffness due to old age. It also revitalizes and gives energy following muscular pains, particularly good for athletes for instance.

Consistency: Thin

Note: Middle

Strength of Aroma: Strong

Blends well with: Ylang-ylang, Peppermint, Marjoram, Lavender, Birch Sweet and Vanilla.

Aromatic Scent: Organic Wintergreen Essential Oil has a strongly aromatic with a sweet characteristic odor, displaying a peculiar creamy-fruity top note and a sweet-woody undertone.

History: Methyl salicylate is the principal constituent of this plant and has been incorporated in liniments and ointments for muscular skeletal problems. Wintergreen and Sweet Birch oil are both nearly identical in chemical composition and aroma; similarly, both have been used in traditional folk remedies.

Cautions: Avoid use if pregnant. Safety in young children, nursing women, or those with severe liver or kidney disease is not known.

IMPORTANT: All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

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The health benefits of Wintergreen Essential Oil can be attributed to its properties as an analgesic, anodyne, antirheumatic, antiarthritic, antispasmodic, antiseptic, aromatic, astringent, carminative, diuretic, emenagogue and stimulating substance.

The oil of wintergreen is a world famous name, and it is extremely popular with the people suffering from rheumatism, arthritis, gout and pain in their bones and joints from any number of reasons. This oil can usually be found in every household because it has so many common applications. This oil is readily available and can be found in a wide variety of stores. Wintergreen is a tree native to North America and it is believed to have been Native Americans who discovered the use of its oil to eliminate pain in the muscles and joints.

The botanical name of this shrub is *Gaultheria Procumbens*. The essential oil of this plant is extracted by steam distillation of its leaves. Menthyl Salicylate and Gaultherilene are the two main components of this essential oil and Menthyl Salicylate forms an integral part of almost every antiarthritic and analgesic balm for muscle and joint pain that is available on the market.

Let us quickly examine some of the most notable medicinal properties of this highly poisonous, yet very useful, essential oil.

Health Benefits of Wintergreen Essential Oil

Analgesic: I doubt that I need to introduce this property of Wintergreen essential oil to anyone, since it is one of the major properties for which it is known around the world. When rubbed on the affected area, this oil is readily absorbed through the skin and the presence of Menthyl Salicylate induces numbness and an anesthetic effect on the nerves there. It also increases circulation of the blood and brings warmth to the area. In this way, it fights pain.

Anodyne: This property means that an agent can eliminate pain and induce relaxation. Therefore, it is a combination of an analgesic and a relaxant. Wintergreen essential oil will eradicate pain and drive out stress and tension. This is a very pleasant way of getting a sound sleep at the end of the day for those who often lose sleep due to pain or stress.

Antirheumatic & Antiarthritic: These characteristics of the essential oil of wintergreen are based on the stimulating property of this oil. This oil fights rheumatism and arthritis in two ways. First, when applied externally, it easily penetrates through the skin around the muscles and tissues and stimulates circulation of blood in that location. This activity, apart from bringing warmth to the affected area, helps to clear obstructions in the flow of blood, which is one of the major causes behind rheumatism and arthritis, and it does not let toxins like uric acid accumulate at that spot. Secondly, although it is absorbed through the skin, it eventually reaches the blood stream, where it stimulates and increases urination, acting as a diuretic. This speeds up the removal of toxins like uric acid from the body through urination. The removal of excess water, fats and salts through urine helps lose weight, which also reduces the effects of rheumatic conditions.

Antispasmodic: The relaxing and stimulating effect of this oil reduces spasms in the respiratory, muscular, digestive and nervous systems, while providing relief from congestion in the chest, breathing trouble, asthma, spasmodic coughs, muscular cramps, digestive disorders, spasmodic diarrhea, convulsions and various nervous afflictions.

Antiseptic: The high degree of toxicity of this oil can make it fatal to human beings, but that means that it is fatal to bacteria and other microbes such a virus, fungi and protozoa as well. This quality is utilized to fight infection that causes sepsis. It also kills the bacteria *Staphylococcus Aureus* and cures sepsis. However, care should be taken to avoid direct contact with blood and it should never be applied to open wounds. Neither should it be taken orally to fight sepsis in the internal organs. Just applying this oil on the skin will be enough, as it will easily penetrate the skin, be absorbed by the tissues and will then be absorbed in the blood stream, thus spreading into the internal organs as well.

Aromatic: Although it has a pungent aroma, it is not unpleasant. In certain cases, it can be used to overcome or mask foul smells, but this oil is not for regular application, as it is quite powerful.

Astringent: Astringents like the essential oil of wintergreen has a lot to offer. It induces contractions in muscle tissue, skin, blood vessels and hair roots. This results in the contraction of muscles and skin which adds firmness to the muscles and lift to the skin, making you feel better and look younger. When it comes to blood vessels, this contraction helps to curb hemorrhaging from wounded or impacted vessels. The hair roots are also contracted and strengthened by this astringent effect. **I have deliberately not mentioned its effects on the gums since it should never be taken orally, under any circumstances.**

Carminative: You may want to enjoy its carminative effects, but never take this oil orally, even in very light dilutions. Instead, once it is diluted in water, it can be rubbed on the belly which will eventually expel the gases.

Diuretic: The diuretic property of essential oil of wintergreen comes from its stimulating qualities. It stimulates the organs in the urinary system and filtration of water by the kidneys, thereby increasing the frequency and quantity of urine. This is of great help as it speeds up the removal of toxins like uric acid and protects from diseases like rheumatism, arthritis and others which are caused due to the accumulation of toxins. It also removes excess water, fat and salt from the body, thus helping cure edema, water logging, and hypertension, while aiding in weight loss. This also keeps kidneys and the urinary bladder clear and prevents formation of stones in those places.

Emenagogue: Obstructed menstruation is a big problem faced by many women, more so in large cities. This condition should not be taken lightly as it may give rise to very serious problems like uterine ulcers and even uterine cancer. It results in pain in the abdominal region, irritation, annoyance, hair loss, failing health and various feminine problems. This problem can be sorted out with the help of an agent that can clear this obstruction and restart the menses. Furthermore, it can also make them regular. Luckily, there are many essential oils which can do this and the essential oil of wintergreen is one of them. It opens up menstruation and also helps get rid of problems like nausea, fatigue, and pain associated with difficult periods. But again, this cannot be stressed enough, it should not be taken orally.

Stimulant: Wintergreen essential oil is basically a stimulant and it promotes the discharge of gastric juices, bile, hormones, enzymes, ovarian and uterine discharges and even urine by stimulating the liver, gall bladder, endocrinal glands and the uterus. It also stimulates circulation of blood and lymph, digestion, excretion and the nerves.

Other Benefits: It is frequently used to treat snake bites, dog bites, stings from poisonous insects like scorpions, wasps, and bees. It is also beneficial for infected and rotting wounds, sores, and ulcers. Furthermore, it can also be used to counter obstructed blood circulation resulting from frostbite and extremely low temperatures, since it has a warming effect.

A Few Words of Caution: The essential oil of wintergreen is highly poisonous due to the presence of Menthyl Salicylate. It should never be ingested and should not be used in aromatherapy. External application is sufficient for making this oil work inside since it easily seeps through the skin and is absorbed by the muscles and tissues. Furthermore, if accidentally ingested, it can cause severe damage to internal organs like the liver and kidneys. One more cautionary note, excessive external application on the skin can also turn fatal because of absorption of excessive Menthyl Salicylate in the tissues and consequently in the blood stream. There have been examples of death of sportsmen who rubbed too much of a relaxing ointment on his thighs which contained Menthyl Salicylate. It should never be given to patients who are hyper-reactive to salicylates.

Blending: The essential oil of wintergreen blends well with essential oils of mint, narcissus, oregano, thyme, vanilla and ylang-ylang oils.

Ref <https://www.organicfacts.net/health-benefits/essential-oils/wintergreen-essential-oil.html>