

### Camphor (White) Essential Oil

Botanical Name: Cinnamomum Camphora

Plant Part: Wood

Origin: China

Processing Method: Steam Distilled

Color: Colorless to pale yellow

Consistency: Thin

Note: Top

Strength of Aroma: Strong

Aromatic Scent: Camphor Essential Oil has a strong, penetrating, fragrant odor and is somewhat eucalyptus-like due to its high cineole content

Blends With: Basil, Cajeput, Chamomile, Lavender, Melissa, and Rosemary, Eucalyptus, and other camphoraceous aromas.

Common Uses:

Anti-inflammatory (Muscular aches and pains, rheumatism), cough, bronchitis, colds, congestion, acne, rashes, parasitic skin infections, contusions, bruises, insect repellent, aids circulation, disinfectant, insecticide, and germicide, gas, nervous disorders, convulsions, epileptic attacks, nervousness, and chronic anxiety, anti-spasmodic, Neuralgia, anti-viral.

Cautions:

Due to its 1,8 cineole content, it is best not to use Camphor Essential Oil around young children (under 10 years). Avoid when pregnant or nursing. Camphor oil is toxic and can be fatally poisonous if ingested in excess. Even 2 grams can be lethal. Ingestion of a slight overdose can still manifest symptoms of poisoning, including extreme thirst, vomiting, and a drop in body temperature.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

