

Wintergreen Essential Oil

Botanical Name: Gaultheria Procumbens

Plant Part: Leaves

Origin: India

Processing Method: Steam Distilled

Color: Colorless to pale yellow to pale pink

Consistency: Thin

Note: Middle

Strength of Aroma: Strong

Aromatic Scent: Wintergreen has a characteristic sweet and minty scent

Blends With: Basil, Cedarwood, Chamomile (Roman), Clary Sage, Eucalyptus (Radiata), Frankincense, Geranium, Juniper, Lavandin, Lavender, Lemon, Marjoram, Oregano, Peppermint, Rosalina, Rosemary, Spearmint, Thyme, Vanilla, Ylang Ylang.

Common Uses:

Analgesic, anodyne, antirheumatic, antiarthritic, antispasmodic, antiseptic, aromatic, astringent, carminative, diuretic, emmenagogue and a stimulating substance. Used for Inflammation, pain management, rheumatoid arthritis, gout, menstrual support, blood circulation.

Cautions:

Use sparingly if at all. Wintergreen is highly poisonous due to the presence of methyl salicylate. Tisserand and Young warn that Wintergreen Essential Oil poses a hazard for toxicity, drug interaction, it can inhibit blood clotting, and high doses are teratogenic (harmful to fetuses and embryos). Avoid use of Wintergreen with children, during pregnancy and breastfeeding and by those taking anticoagulant medication. They recommend a dermal maximum of 2.4% and advise to use with caution with skin that is sensitive or damaged.

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.

