

# WINTERGREEN

## *Gaultheria procumbens*

**Wintergreen essential oil, extracted from the small leaves of the evergreen herb, has a distinctive fresh and minty scent. While often associated with its use in toothpaste, mouthwash, candy and chewing gum, Wintergreen offers so much more; when used properly, the oil can heighten each of the five senses on all levels.**

### BENEFITS

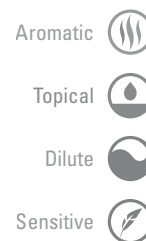
When diffused, Wintergreen oil becomes a stimulant, allowing for increased intellectual and physical alertness. While extremely useful and beneficial, Wintergreen oil is also potent and care should be taken not to overuse it, especially on sensitive skin.

### ORIGIN / EXTRACTION PROCESS

The botanical used to create this oil was grown in China, and it was extracted by steam distillation.

### SUGGESTED USES

- Massage Wintergreen oil—diluted to 20% Wintergreen oil and 80% carrier oil—into sore muscles to promote recuperation
- Add a single drop of Wintergreen oil to your daily shampoo before application to help moisturize the scalp
- To reduce inflammation, dilute 1 drop of Wintergreen oil into several drops of carrier oil and gently massage the area of concern, or rub into reflex points on the feet
- Diffuse Wintergreen oil in an Améo diffuser to freshen the air and promote an alert mind and body
- Add 1 drop of Wintergreen oil to a mild facial cleanser to diminish the formation and appearance of acne



CERTI 5 Cell Active & Permeable™

**Caution:** Not for internal use. Possible skin sensitivity. If pregnant, nursing, taking medication, or have a medical condition, consult your physician before use. Avoid eyes, mucous membranes, and sensitive skin. Not intended for use on infants and young children. Keep out of reach of children.

**Ingredients:** Wintergreen Leaf Oil  
**Use:** Aromatic or topical. Diffuse aromatically or, to apply topically, dilute with Améo Fractionated Coconut Oil. For best results store in a cool, dark place.

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