

# Birch

*Betula lenta* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE

CONVENTION KIT ONLY  
Limited Time Offer



**CPTG** Certified Pure  
Therapeutic Grade®

**Plant Part:**  
Bark

**Extraction Method:**  
Steam Distillation

**Aromatic Description:**  
Sweet, spicy, minty

**Application:**



## PRIMARY BENEFITS

- Frequently used in massage therapy and to soothe sore muscles and joints
- Supports healthy circulation
- Promotes clear breathing and healthy respiratory function
- Beneficial for oily skin conditions
- Stimulating aroma promotes feelings of strength, warmth, and vitality



## PRODUCT DESCRIPTION

Native to Canada and the United States, Birch trees can grow up to 75 feet in height. Its peeling bark provides powerful therapeutic benefits, making Birch essential oil highly valued and sought after. Similar to Wintergreen, Birch has a sweet, spicy, and minty aroma that can be detected in toothpaste, gum, and sore muscle applications—to name some of its many uses.

Birch is very effective in promoting circulation, making it ideal for massage therapy and to soothe sore joints and muscles. Diffusing and inhaling Birch supports clear airways and breathing while stimulating the mind and enhancing focus. Birch can be applied topically and is beneficial in purifying the skin and maintaining a clear, healthy complexion. Due to its seasonality and limited supply, Birch essential oil is offered by dōTERRA only one time per year, making it even more desirable among CPTG® essential oils.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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