

# Ravensara

*Cinnamomum camphora 1,8 cineole*

Ravensara is distilled from the leaves of *Cinnamomum camphora* grown in Madagascar. This is a very different species than the camphor trees grown in Asia. Rather than being high in camphor, it is high in 1,8-cineole.

Ravensara is one of the most versatile and indispensable Essential Oils. Potent, yet safe and gentle. The Essential Oil we would recommend as the most indispensable, as it is without a doubt the most versatile.

Like True Lavender, Ravensara can be used for ailments which do not normally fall within its recommended usage, yet achieve great results.

Due to the misinformation created in the marketplace about Ravensara and Ravintsara we have included the complete list of Chemical Constituents from the gas chromatograph supplied by our independent third party certifier.

- Alpha Pinene 4.522
- Sabinene 15.419
- Beta Pinene 3.280
- 1,8 Cineole 57.484
- Alpha Terpineol 7.752

## general uses

### LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

### BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water for a stimulating and cooling bath.

### INHALATION

- Put 2 drops on a tissue, cotton ball, or your hands and inhale deeply as needed.
- Diffuse 20 drops per hour throughout the day to assist with throat and lung congestion.

### MASSAGE/TOPICAL

- To support the immune system, mix 20 drops Ravensara with 1 tbsp Carrier Oil.
- For shingles, mix 10 drops Ravensara, 10 drops Lemon and 10 drops Roman Chamomile in 1 tbsp Carrier Oil and apply to affected area 1-3 times daily.
- ADULTS: Apply 3 - 6 drops to each foot, reapplied each hour until symptoms dissipate, then 4x daily till symptoms have been gone for 2 days.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired.

## pregnancy & children

### TOPICAL

- Infant to 3 months - 1 drop Essential Oil in 10 ml carrier oil (grapeseed)
- 3 months to 2 years - 2 drops Essential Oil in 10 ml carrier oil
- 2 years to 5 years - 3 drops Essential Oil in 10 ml carrier oil
- 5 years to 10 years - 6 to 8 drops Essential Oil in 10 ml carrier oil
- Pregnancy - 6 to 8 drops Essential Oil in 10 ml carrier oil

### BATH

- Infant to 3 months not recommended
- 3 months to age 2 years - 1 to 3 Essential Oil drops in 1 tablespoon of dried milk
- 3 years and up to age 5 years - 3 to 5 Essential Oil drops in 1/4 cup Pink Himalayan salt
- 5 year to 10 years - 6 to 10 Essential Oil drops in 1/4 cup Pink Himalayan salt or Clay Vitality
- Pregnancy - 6 to 10 drops Essential Oil in 1/2 cup of Dead Sea salt or Clay Vitality



## attributes

### Wildcrafted

**Producing Organ:** *Young leafy twigs*

**Extraction:** *Steam Distillation*

**Country of Origin:** *Madagascar*

**Therapeutic Properties:** *Antibiotic, antiseptic, antiviral, antibacterial, decongestant, expectorant, febrifuge, prophylactic, stimulant, vermifuge, vulnerary.*

### RESPONSIBLE CAUTIONS

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

### DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.  
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