

# Ravintsara

## Cinnamomum Camphora ct. 1,8 cineole

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

Ravintsara is distilled from the leaves of Cinnamomum camphora grown in Madagascar. This is a very different species from the camphor trees grown in Madagascar and parts of Asia that are now being called Ravensara.\*

The composition of Ravintsara is simple, without a specific compound which makes its smell. The aroma of Ravintsara is very characteristic and combines the freshness of the 1,8 cineole with the gentle warmth of the alcohols and the dynamism of the eugenol.\*

Ravintsara, like true Lavender and Rosemary Verbenone, can be used, and even proves effective, for ailments which do not on the face of it, fall within the province of its specific virtues. Ravintsara is an indispensable Essential Oil, and is, without a doubt, the most versatile.\*

Whether used internally or externally, for serious complaints or benign problems, it acts rapidly and effectively. Ravintsara is an excellent antiviral agent, particularly for flu. Ravintsara is also very effective in cases of shingles and herpes. It is a nerve tonic as well as a mental and physical stimulant; it revitalizes people suffering from physical and nervous fatigue. Ravintsara, particularly active even in low doses, acts to its full extent as a "terrain" treatment. An exceptional Essential Oil, it is non-toxic, and therefore suitable for everyone. It has a great potential for action at the psychological level.\*

## aromatherapy & home uses

**Immune System:** Colds, flu, pneumonia, infectious diseases.

**Nervous System:** Nervous exhaustion, shingles.

**Respiratory System:** Specific for pneumonia, bronchitis, colds, coughs.

**Skin Care:** Acne, inflammation, rashes.

## suggested usage

### BATH:

- Add 10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm water.\*

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.\*
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.\*

### MISTING

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

### TOPICAL

- To support the immune system, mix 20 drops Ravintsara with 1 tablespoon carrier oil.\*
- For shingles, mix 10 drops Ravintsara, 10 drops Lemon, and 10 drops Roman Chamomile in 1 tablespoon 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.\*

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Avoid in allergic skin conditions.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

**Producing Organ:** Young leafy twigs  
**Extraction:** Steam Distillation  
**Country of Origin:** Madagascar

## topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

## pregnancy & children

### Safety Group #1

#### Topical

- Infant to 3 months: 1 drop in 10 ml carrier oil
- 3 months to 3 years: 2 drops in 10 ml carrier oil
- 3 to 5 years: 3 drops in 10 ml carrier oil
- 5 to 10 years: 6 drops in 10 ml carrier oil
- Pregnancy: Safe when used as directed

#### Bath

- Infant to 3 months: Not recommended
- 3 months to 3 years: 1 drop in 1 tbslp of baby shampoo
- 3 to 5 years: 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years: 6 drops in ¼ cup Pink Himalayan salt or Clay Vitality
- Pregnancy: Safe when used as directed

## availability

10ml Bottle



### STANDARDS OF QUALITY

All ingredients in goDesana Organics products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

### 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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

©2012 Alexandria Brighton,  
Brighton Institute of Botanical Studies

v03292017