

# BUDDHA WOOD

EREMOPHILA MITCHELLII 5 ML



## PRIMARY BENEFITS

- EARTHY, WOODY AND MASCULINE AROMA
- GREAT FOR A SOOTHING AND CALMING MEDITATION
- WOODY, SMOKEY AROMA IDEAL TO ADD TO YOUR MOISTURISER

## PRODUCT DESCRIPTION

Buddha wood is a small tree that grows traditionally in the grazing land of eastern Australia. This sturdy shrub was traditionally used by the Aboriginal Peoples of Australia. Uniquely, Buddha Wood essential oil is predominantly made of the bicyclic sesquiterpenes known as eremophilones. Also known as Australian Desert Rosewood, many compare the aroma and benefits of Buddha Wood essential oil to common Sandalwood, although the chemistry and aroma differ. With more prominent balsamic and smoke notes, Buddha Wood has been commonly used in personal fragrances—often for men. Use Buddha Wood as part of your soothing, calming meditative practice, or try after physical activity.

## USES

- Create a soothing massage by combining one to two drops with dōTERRA Fractionated Coconut Oil.
- Blend with citrus or floral oils in a roller bottle or your favorite dōTERRA diffuser to create an invigorating, yet earthy aromatic experience.
- Add a few drops of Buddha Wood to your daily dōTERRA moisturiser for an enhanced aromatic daily moisture.

## 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 a carrier oil to minimise any skin sensitivity. See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

PLANT PART: WOOD

EXTRACTION METHOD: STEAM DISTILLATION

AROMATIC DESCRIPTION: BALSAMIC, WOODY, LEATHERY

MAIN CHEMICAL COMPONENTS: EREMOPHILONE,  
8-HYDROXY-EREMOPHILONE

