

Wintergreen Essential Oil

Botanical Name

Gaultheria fragrantissima or Gaultheria procumbens

Strength of Initial Aroma

Strong

Aromatic Description

Sharp sweet fruity minty medicinal aroma

Blends Well With

Spicy, evergreen, light floral and other minty aromas

Wintergreen Essential Oil Uses

- Cooling and refreshing uplifting pick me up
- Improves negative moods, feelings of stress, mental pressure, and concentration
- Emotionally balancing
- Inflammation
- Pain Management
- Rheumatoid Arthritis

Source: www.aromaweb.com Wintergreen EO Monograph, www.healthline.com

Wintergreen Essential Oil Safety Information

Use sparingly if at all. Numerous reports of poisoning have occurred. Tisserand and Young warn that Wintergreen Essential Oil poses a hazard for toxicity, drug interaction, it can inhibit blood clotting, and high doses are teratogenic (harmful to fetuses and embryos). Avoid use of Wintergreen with children, during pregnancy and breastfeeding and by those taking anticoagulant medication. They recommend a dermal maximum of 2.4% and advise to use with caution with skin that is sensitive or damaged. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 469.]

As cited per www.aromaweb.com Wintergreen EO Monograph

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.