

# Arborvitae

## THUJA PLICATA

Arborvitae, which translates to "tree of life," is an essential oil sourced from the heartwood of Thuja plicata trees - also known as Western Red Cedar - native to North America. This oil contains a distinct chemical profile concentrated in methyl thujate and is sourced in an environmentally responsible way through the distillation of residual wood materials.

### COUNTRY OF ORIGIN

North America

### EXTRACTION METHOD

Steam Distillation

### PLANT PART

Wood

### BOTANICAL FAMILY

Cupressaceae

### CHEMICAL FAMILY

Tropolones

### AROMA

Earthy, warm, woody

### NOTE

Top/Middle

## SAFETY

- For topical and aromatic use only.
- May cause skin irritation or sensitization if the oil has oxidized. Use at least 2% - 50% dilution.

## THERAPEUTIC PROPERTIES

ANTIBACTERIAL	ANTIFUNGAL	ANTISEPTIC
ANTICANCER	ANTITUMOR	ASTRINGENT
EXPECTORANT	INSECT REPELLANT	STIMULANT
ANTIVIRAL	CALMING	

## BODY SYSTEMS

CIRCULATION

FEVERS

INTEGUMENTARY

HAIR LOSS, SKIN HEALTH, SUNSCREEN, WARTS, PSORIASIS

ENDOCRINE

EMOTIONAL BALANCE, CALMING

MUSCULAR

RHEUMATISM

URINARY

INTESTINAL PARASITES, CYSTITIS



## BODY SYSTEMS (CONT.)

RESPIRATORY

COUGHS

REPRODUCTIVE

VENEREAL DISEASES

### REFERENCES:

1. EVIDENCE-BASED ESSENTIAL OIL THERAPY, DR. SCOTT A. JOHNSON, 2015, SCOTT A. JOHNSON PROFESSIONAL WRITING SERVICES, LLC
2. MODERN ESSENTIALS, A CONTEMPORARY GUIDE TO THE THERAPEUTIC USE OF ESSENTIAL OILS, SEVENTH EDITION 2015, AROMA TOOLS
3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
4. NAHA [HTTPS://NAHA.ORG/EXPLORE-AROMATHERAPY/SAFETY/GENERAL-SAFETY-GUIDELINES](https://naha.org/explore-aromatherapy/safety/general-safety-guidelines)
5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS