

# RAVINTSARA

cinnamomum camphora ct. 1,8 cineole

10ml

HBNaturals  
PRODUCT INFORMATION PAGE



## application

Aromatic • Bath • Topical

## properties

### Wildcrafted

**Producing Organ:** Young leafy twigs

**Extraction:** Steam Distillation

**Country of Origin:** Madagascar

**Safety Group:** #1

**Main Chemical Constituents:** oxides, monoterpenes

**Therapeutic Properties:** Antibiotic, antiseptic, antiviral, antibacterial, decongestant, expectorant, febrifuge, prophylactic, stimulant, vermifuge, vulnerary [Julia Lawless, The Illustrated Encyclopedia of Essential Oils (Rockport, MA: Element Books, 1995), 111.]

## uses

- Add 10 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water.\*
- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.\*
- Mix 10 drops Ravintsara with 1 tablespoon carrier oil as a massage blend for immune system support.\*
- 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.\*
- Apply 10-15 drops on the absorbent inner core of a nasal inhaler, cap the bottom, and inhale as needed.\*

## product summary

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 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.\*

## responsible cautions

- Non-toxic, non-irritant, and non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

\*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.