

# Ocotea



## Product Summary

Ocotea essential oil is extracted from the stem and leaves of the ocotea tree in Ecuador, and is related to the cinnamon species. This essential oil has an aroma that is different from any common cinnamon. Ocotea has the highest level of alpha-humulene of any essential oil.

## Product Story

Ocotea is wild crafted and distilled at Finca Botánica Aromática, Young Living's farm and distillery in Ecuador. Ocotea is harvested from a large tree found in the Amazon Basin of Ecuador, from sea level up to 1,500 meters in altitude. The trees are divided into male and female trees, with only the female trees producing foliage suitable for distillation into essential oils. Historical usage of ocotea dates back more than 500 years, when it was used to aromatize sweets and cakes.

Though there are hints of a cinnamon base, ocotea is different from traditional cinnamon. Ocotea has high levels of alpha-humulene—one of the highest of any known essential oil. Alpha-humulene can balance the body's internal response to irritation. Only copaiba essential oil has comparable levels of this natural plant compound.

## Primary Benefits

- + Traditionally used as a disinfectant and for digestive support.<sup>†</sup>
- + Highest levels of alpha-humulene in any known essential oil, which helps balance the body's internal response to irritation.\*
- + Far less skin sensitivity than cinnamon bark or cassia.

## How To Use

**Topical:** Dilute 1–4 drops with V-6™ Enhanced Vegetable Oil Complex or olive oil. Test on a small, inconspicuous area of skin to observe sensitivity; apply to desired area as needed.

**Dietary Supplement:** Dilute 1–4 drops with V-6 Enhanced Vegetable Oil Complex or olive oil. Place in a capsule and take one daily or as directed by a health professional.

## Complementary Products

- + Copaiba essential oil
- + RutaVaLa™ essential oil blend
- + Eucalyptus Blue™ essential oil single

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## Did You Know?

- + Ocotea is found in Stress Away™ Essential Oil Roll-On.
- + Ocotea has a relatively low concentration of cinnamaldehyde (less than 5 percent), which is a natural plant chemical that can trigger sensitization reactions. Traditional cinnamon can contain up to 50 percent cinnamaldehyde.
- + Every two years the ocotea tree produces large flowers known as “ishpingo” or “flor de canela.”

## Cautions

Possible skin sensitivity. Keep out of the reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, please consult a healthcare practitioner prior to use.

## Frequently Asked Questions

Q. Is ocotea found in any Young Living blends?

A. Yes. Ocotea is a key ingredient in Stress Away Essential Oil Roll-On.

† Modern scientific research has not yet validated these claims