QUICK REFERENCE SHEET

WINTERGREEN

Gaultheria procumbens

Plant Family: Ericaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves

Region of Origin:
India

AFFINITY FOR:
nerves, kidneys, bones, joints, muscles, respiratory system

THERAPEUTIC PROPERTIES:
analgesic, anti-inflammatory, anti-rheumatic, antiseptic, antispasmodic, cholagogue, disinfectant, diuretic, warming

AROMATIC CONSIDERATIONS:
Wintergreen has a wonderful aroma. It is stimulating, but deeper and more grounding than the essential oils of the mint family. Wintergreen is cleansing and opening to the physical senses.

APPLICATION:
Wintergreen can be applied to any area of the body where it is needed. Be sure to dilute well. Wintergreen essential oil is very pleasant diffused.

⚠ CAUTIONS:
Wintergreen essential oil has a high methyl salicylate content. Nevertheless, it is safe to use. Please see information on Birch for safety information about this constituent. Birch and Wintergreen often receive very bad press because of misunderstandings about the effects of this "supposed" toxic ingredient. Wintergreen should be used cautiously if pregnant and always diluted well.

INGREDIENT IN:
LeDeeper, LeFortitude, LeRefreshMint, LeSweet Relief, LeTendaCare, LeWarmDown

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:
Wintergreen essential oil is a very aggressive essence which stimulates very powerful responses in return. Wintergreen promotes change on a profound level as the mind/body complex responds. Wintergreen shakes up and wakes up the mind and every system of the body.

PHYSICAL ASPECTS:
Wintergreen produces an analgesic, numbing effect on the nerves present in whatever tissue it is applied to. Wintergreen clears obstructions to the flow of blood in the tissues and in the veins and arteries. This increases circulation in general and brings warmth to the area. This warmth is as strong and as healing as anything you will experience with commercial athletic rub products. This warmth also relaxes the muscles in the area to which it was applied. As the circulatory system works more efficiently, many health problems are alleviated.

The stimulant properties of Wintergreen apply to all systems and organs of the body. Wintergreen increases the activity of the kidneys, preventing toxins, uric acid, fats, and liquids from building up in body tissues. Wintergreen essential oil aids digestion by stimulating proper secretion of gastric juices and bile. It stimulates the activity of the lungs, intestines, and other organs, preventing the accumulation of congestion and waste materials.

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