

# Ravintsara

## OIL OF STRENGTH & CLARITY

Element of Air



### WAYS TO USE RAVINTSARA

1. **Diffuse** to create a refreshing, herbaceous aroma in a stuffy room
2. Dilute with carrier oil and **massage into chest** for a peppery, invigorating aroma
3. Add 5-10 drops to an 8 oz spray bottle and top with water for a **multi-cleansing spray**
4. Diffuse with **Peppermint and Tangerine**
5. Add a few drops to a **sinus steamer**
6. Create a **hand cleansing mist** by adding 3-4 drops to a 30 mL sprayer bottle
7. Make a **massage blend** with Copaiba and Wintergreen
8. Mix 2-3 drops with carrier oil and apply after **working out**
9. Add 1-2 drops to a calming **Epsom salt bath**
10. Diffuse with Vetiver and Lavender at **bedtime**



### LET'S USE



#### SPRAY CLEANER

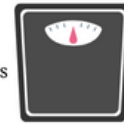
**Oil tip** - Add 4-5 drops to an 237 mL spray bottle to create a multi-surface cleansing spray.



#### BATH SALTS

**Oil Tip** - Add 1-2 drops to a calming Epsom salt bath.

**WEIGHT SUPPORT**  
**Oil Tip** - Add 2-4 drops to 1 tsp FCO and massage into fatty areas daily for 1-3 weeks.



#### LYMPH SUPPORT DURING WORKOUT

**Oil Tip** - Rub 1-2 drops with FCO onto bottoms of feet and sides of neck before cardio exercise.



#### CLEAR THE CHEST

**Oil Tip** - Dilute 1 drop with 8-10 drops of Fractionated Coconut Oil and massage into chest for a peppery, invigorating aroma



#### EMOTIONAL SUPPORT

Ravintsara is a restoring oil, which is why its energetic qualities are restoring courage and fearlessness.

On the emotional/spiritual plane Ravintsara oil soothes anxiety, overwhelm and stress. On the physical plane it is known for its antibacterial, antiviral, analgesic and anti-inflammatory properties for respiratory conditions and infection. It is also been known for its immune-stimulant capacity due to its antimicrobial, anti-inflammatory and tonic actions.

Ravintsara is great for reducing pain and headaches. Ravintsara oil has also been used for flu, muscular pains and aches; stress, depression, calms the nerves, promotes sleep, and supporting the immune system.

Ravintsara is an evergreen tree in Madagascar. The entire tree is aromatic, but the Ravintsara oil is contained in secretory tree pockets on the leaves.

*Fun*

The people of Madagascar, give high regard and value to the ravintsara tree. In Malagasy, ravintsara translates to "the tree with good leaves".



It takes 1 pound of ravintsara to produce a 5mL bottle of essential oil.

There are 24 published studies on the benefits of ravintsara

Similar in chemistry to Eucalyptus, Ravintsara is a milder option. The main chemical constituents and benefits of ravintsara are eucalyptol and sabinene with are both cleansing.

*Facts*

Through the Healing Hands™ Foundation, we have provided a mobile health clinic. It provides healthcare for farmers and their communities that they normally aren't able to access.

#### Refreshed

- 2 Ravintsara
- 2 Frankincense
- 2 Black Spruce

*Diffuser Blends*

#### Hibernate

- 2 Ravintsara
- 3 Lavender
- 1 Vetiver

#### New Perspectives

- 2 Ravintsara
- 3 Copeiba
- 2 Bergamot

#### Breathe Deeply

- 2 Ravintsara
- 2 Cardamom
- 2 Lemon



#### Green Clean

- 2 Ravintsara
- 2 Lime
- 1 Green Mandarin

#### Winter Escape

- 2 Ravintsara
- 3 Sandalwood
- 1 Patchouli