

RUE

Product Size 5 ml Item No. 35928

Rue (Ruta) essential oil has an aroma that may help you unwind and ground yourself in the present moment, and it is great for incorporating as you wind down during your evening routine. Rue is known as the herb of grace and may help you create a grounded atmosphere so you can take in what's right in front of you. Rue belongs to the Rutaceae family, commonly known as the rue or citrus family, of flowering plants. This essential oil comes from Young Living's Finca Botanica Farm and Distillery in Chongon, Ecuador, and it is included in our RutaVaLa and Common Sense blends.



BENEFITS AND FEATURES

- Has a musky, sweet aroma
- Creates a calming and grounding atmosphere
- Can be applied topically in the evenings when you want to unwind after a long day
- Can be used as part of your bedtime routine when you want to unwind and relax
- Can be inhaled when you are faced with times of uncertainty or hardship

SUGGESTED USE

- Apply Rue to your wrists and heart to enjoy its soothing aroma.
- For a calming ritual after work, apply Rue on the back of your neck and breathe deeply.
- Apply Rue on the bottoms of your feet during your evening routine for a grounding scent.

DIRECTIONS

Apply to desired area. In case of sensitivity, dilute as needed in Young Living V-6®.

CAUTIONS

Keep out of reach of children. For external use only. Avoid contact with eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use. Not intended for use during pregnancy. Avoid direct sunlight and UV rays for up to 12 hours after applying product.

INGREDIENTS

Ruta graveolens* (Rue) oil

*100% pure essential oil

