

CISTUS

PRODUCT INFORMATION PAGE



Product Summary

Cistus (*Cistus ladanifer*) essential oil comes from a family of plants called rock rose, which is known for beautiful shrubs and a delicate, honey-like scent. Thought to be the biblical rose of Sharon, the dry, woody, resinous aroma of cistus essential oil has many calming properties. It is an ideal choice for helping elevate positive emotions and creating an open state of mind, especially during meditation or counseling.*

Primary Benefits

- Promotes uplifting and encouraging emotions*
- May help open and release emotional blocks*
- Helps calm and relax during the occasional trying moment*

Who Should Take Cistus Essential Oil?

- Individuals looking to release negative emotions that may be holding back their true potential
- Anyone who lives, works, or is frequently in emotionally trying situations
- Those who need a break from their daily routines

Suggested Use

- **Topical:** Dilute 1 drop with 2 drops of V-6 or other vegetable oil and apply to desired area, chakras, or Vita Flex points.
- **Aromatic:** Diffuse up to 30 minutes 3 times daily.

Supplement Facts

Serving Size: 2 drops
Servings Per Container: About 42

Amount Per Serving	%DV
Cistus (<i>Cistus ladanifer</i>) [†] leaf	120 mg **

**Daily Value (DV) not established.

Cautions

- Keep out of reach of children.
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

Did You Know?

- Cistus is also known as rock rose.
- Cistus essential oil is grown in Spain and steam distilled from the leaves of *Cistus ladanifer*.
- *Cistus ladanifer* produces a resin called labdanum, which is used for its physical and aromatic properties.

Complementary Products

- Lavender Essential Oil
- Breathe Again™ Roll-On
- The Gift™ Essential Oil Blend
- 12 Oils of Ancient Scripture™ Collection

Key Scientific Studies

- Lawless J. (1995) *The Illustrated Encyclopedia of Essential Oils*. New York: Barnes and Nobel, INC, p. 114.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.