

HINOKI



Product Summary

Hinoki essential oil comes from the Japanese cypress, *Chamaecyparis obtusa*, and is native to central Japan. Hinoki is considered a very high quality timber and one of the "Five Sacred Trees of Kiso." It has been used historically in building palaces, temples, shrines, baths, and traditional noh theatres.

Hinoki oil has a scent that is uniquely Japanese. The wood is lemon scented, light pinkish-brown in colour, and highly rot and insect resistant. Highly valued by the Japanese, hinoki forests have been managed and protected since the times of the feudal lords and samurai. Today it is a popular ornamental tree in parks and gardens.

Primary Benefits

- May promote spiritual awareness.
- Helps to calm and relax during brief periods of agitation.
- Energises and uplifts the mind.
- Deters insects.

Who Should Use Hinoki Essential Oil?

- People interested in increasing their spirituality and well-being with essential oils.
- People who are looking to refresh the soul and settle the mind.
- People who are in need of relaxing and invigorating the body.

Suggested Use

- Topical: Add 1 drop of oil to 1 drop V-6 Vegetable Oil Complex or olive oil and apply to desired areas, chakras, and Vita Flex points as needed.
- Aromatic: Inhale directly or diffuse up to 30 minutes 3 times daily.

Ingredients

Chamaecyparis obtusa (Hinoki) Oil

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?

- At more than 1,000 years old, the Horyuji temple in Japan is the world's oldest wooden structure and is made from old-growth hinoki.
- Hinoki means "fire tree." It was used to make fire by friction, a practice still employed at Shinto shrines.
- Termites do not eat hinoki trees. The wood acts as an insecticide.
- In wet climates like Japan, hinoki essential oil preserves wood by reducing the likelihood of rotting.

Complementary Products

- Sacred Frankincense Essential Oil
- The Gift Essential Oil Blend
- 3 Wise Men Essential Oil Blend

Key Scientific Studies

- http://www.conifers.org/cu/Chamaecyparis_obtusa.php.
- Wang WP, Hwang CY, Lin TP, Hwang SY. 2003. Historical biogeography and phylogenetic relationships of the genus *Chamaecyparis* (Cupressaceae) inferred from chloroplast DNA polymorphism.
- Jang YS, Jeon JH, Lee HS. 2005. Mosquito larvicidal activity of active constituent derived from *Chamaecyparis obtusa* leaves against 3 mosquito species. *Journal of the American Mosquito Control Association*, 21(4):400–403.