

### PRODUCT SUMMARY

Goldenrod (*Solidago canadensis*) essential oil is steam distilled from the yellow flowering plant that grows abundantly in North America. With the key constituent alpha-pinene, this essential oil has an array of benefits, including the ability to support the appearance of healthy-looking skin and to create a calming and relaxing environment when diffused or inhaled.

### KEY INGREDIENTS

Goldenrod essential oil

### EXPERIENCE

Goldenrod's earthy, herbaceous aroma is the perfect companion to your aromatherapy practices to help calm the body and mind. It can be diffused to turn any room into a relaxing retreat or inhaled directly for an instant reverie while you're on the go.

### PRODUCT BACKGROUND

A flowering herb with bright yellow tops, goldenrod comes from the Asteraceae botanical family. Its scientific name, *Solidago*, comes from the Latin word *solidare*, which means "to strengthen."

The plant is most often found in North America, but some species are found in Europe as well. It grows well in open areas such as meadows, prairies, savannas, and mountains, and you can find it at Young Living's Whispering Springs Farm in Mona, Utah!



Topical



Aromatic



Dilute

### BENEFITS & FEATURES

- Has a calming and relaxing aroma
- Enhances the appearance of healthy-looking skin
- Includes the key constituent alpha-pinene

### SUGGESTED USE

- Diffuse it in the evenings to help create a relaxing environment.
- Add it to V-6™ Vegetable Oil Complex and use it for a massage with a pleasant, calming aroma.
- Use it with your daily face wash or apply it to your skin directly after washing to help enhance the appearance of healthy-looking skin.
- Rub it into the bottoms of your feet or the back of your neck as part of your bedtime routine.

# GOLDENROD



## DIRECTIONS

**Topical:** Dilute 1 drop with 1 drop of V-6™ or olive oil and apply to desired area as needed.

**Aromatic:** Diffuse up to 30 minutes 3 times daily.

## CAUTIONS

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use.

## INGREDIENTS

*Solidago canadensis*<sup>†</sup> (Goldenrod)  
flower/leaf/stem extract

<sup>†</sup>100% pure, therapeutic-grade essential oil

## FREQUENTLY ASKED QUESTIONS

**Q. Can Goldenrod essential oil be ingested?**

A. Goldenrod essential oil is labeled for topical and aromatic use and is not intended for internal consumption. Be sure to always follow individual label instructions for Young Living products.

**Q. Does Goldenrod essential oil need to be diluted for topical application?**

A. Yes, dilute 1 drop of Goldenrod with 1 drop of V-6 Vegetable Oil Complex or olive oil and apply to desired area as needed.

**Q. Is Goldenrod essential oil photosensitive?**

A. No, Goldenrod does not cause photosensitive reactions.

## COMPLEMENTARY PRODUCTS

Ylang Ylang  
Essential Oil  
Item No. 3659



Sensation™ Essential  
Oil Blend  
Item No. 3420



Peace & Calming®  
Essential Oil Blend  
Item No. 3398



Desert Mist™  
Ultrasonic Diffuser  
Item No. 21558

