

### PRODUCT SUMMARY

Valerian (*Valeriana officinalis*) essential oil possesses an earthy smell that promotes feelings of relaxation and eases occasional restlessness. Diffuse this grounding oil as the perfect bedtime companion, or massage it into the bottoms of your feet after a long day to foster moments of peace. Valerian is a vital component in D. Gary Young's Trauma Life™ essential oil blend.

### KEY INGREDIENTS

Valerian essential oil

### EXPERIENCE

Valerian's unique aroma inspires a calm and balanced environment. It is the ideal scent to promote feelings of relaxation, especially when blended with Lavender or Cedarwood essential oils.

### PRODUCT BACKGROUND

The valerian plant is native to Belgium and Croatia but can now be found growing throughout North America and Asia. One source of Young Living's Valerian is our Balkan Botanical Farm in Bulgaria. After careful harvesting, the plant root is steam distilled; the resulting essential oil contains the constituents bornyl acetate, camphene, alpha-fenchene, and alpha- and beta-pinene.



Topical



Aromatic

### BENEFITS & FEATURES

- Eases occasional restlessness before winding down for the evening
- Promotes calm feelings and helps with occasional nervous tension
- Encourages feelings of relaxation
- Offers a nurturing aroma for women

### SUGGESTED USE

- Use Valerian topically on the back of the neck or on the bottoms of feet.
- Use Valerian as part of your nighttime routine by diffusing it with Clary Sage next to your bed.
- Create a foot soak by combining 3 drops of Valerian and 5 drops of Tea Tree with 1 tablespoon of V-6™ Vegetable Oil Complex and 1 tablespoon of salt in warm water. Mix well and soak feet in this luxurious bath for 15 minutes.

# VALERIAN



## DIRECTIONS

**Topical:** Apply 2–4 drops directly to desired area. Dilution not required, except for the most sensitive skin. Use 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

*Valeriana officinalis*<sup>†</sup> (Valerian) root oil

<sup>†</sup>Pure essential oil

## FREQUENTLY ASKED QUESTIONS

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

A. No, Valerian is for topical and aromatic use only.

**Q. Does Valerian need to be diluted for topical application?**

A. No, dilution is not required, except for the most sensitive skin. Use as needed.

**Q. Is there a UV warning associated with Valerian?**

A. No, Valerian does not contain photosensitive constituents.

## COMPLEMENTARY PRODUCTS

Lavender  
Essential Oil  
Item No. 3575



Peace & Calming®  
Essential Oil Blend  
Item No. 3398



Cedarwood  
Essential Oil  
Item No. 3509



Desert Mist™  
Ultrasonic  
Diffuser  
Item No. 3509

