

## 10 ml Ravensara Essential Oil



**Brand:** Ancient Wisdom

**Product Code:** EO-74

**Availability:** In Stock

**Weight:** 0.04kg

**Price:** £4.75

### Description

Latin Name : Ravensara Aromatica Part Of Plant Used : Leaves Source :

Madagascar Extraction Method : Steam Distillation This Ravensara Essential Oil is a powerful antiseptic, antibacterial, and antiviral, used to treat internal and skin conditions. Ravensara Essential Oil is used in aromatherapy to treat ailments caused by excess mucous and phlegm in the respiratory tract. The primary chemical compounds found in Ravensara essential oil include estragole (about 80%), methyl eugenol (8.5%), and limonene (3%). Estragole is known for reducing fatigue, alleviating stress, improving sleep quality, relieving headaches, boosting cognitive function, and improving mood. Limonene is well-known for its antioxidant and anti-inflammatory properties, providing a remedy for a range of health issues and improving overall well-being. Because of its antibacterial, antiviral, and antimicrobial properties, Ravensara essential oils effectively helps the body in fighting the cold virus. If you feel a cold coming on, try taking a relaxing bath with a few drops of Ravensara essential oil for relief.