

# Rhododendron Essential Oil

Delicate  
Floral  
Aroma

Supports A  
Healthy  
Respiratory  
System

Provides  
Emotional  
Support

Soothes  
Sore Feet  
After A  
Long Day

Relieves  
Discomfort

Helps Bring  
Mental  
Clarity In  
Difficult  
Situations

## Product Details

**Botanical Name:** Rhododendron  
anthopogon  
**Country of Origin:** Nepal  
**Extraction Method:** Steam Distilled  
**Plant Part:** Twigs, Leaves, and Flowers  
**Strength of Aroma:** Mild to Medium  
**KidSafe:** Yes  
**Cautions:** None Known



## Description

Rhododendron Essential Oil is steam distilled from the twigs, leaves, and flowers of the Rhododendron plant (*Rhododendron anthopogon*), which we source from Nepal. There are many varieties of Rhododendron, but only this species can be used for essential oil as the rest are said to be toxic. Rhododendron has a more delicate floral aroma, slightly balsamic with herbaceous undertones. The soothing aroma can provide emotional support, and help to bring mental clarity and grounding when dealing with grief or difficult situations.

Due to the high levels of Pinene in this oil, it provides great support to a healthy respiratory system. Rhododendron is a great source when seasonal threats attack. Use it to clear up respiratory congestion and breathe easier. It can also provide relief to discomfort that accompanies overexertion from the gym or normal wear and tear on aging joints. Rhododendron can also be an amazing treat for the feet after a long day.

The nourishing properties of Rhododendron makes it a great addition to hair and skin care products. Add it to your favorite soaps and shampoos to moisturize the scalp, promote luscious locks, and give yourself the soft skin you deserve.

## Directions

Suffering from sore, tired feet after a long day of standing? Give this mineral foot bath a try: Add ¼ cup of Epsom Salt and Himalayan or Celtic Sea Salt, 3 drops of Rhododendron, 2 drops of Cypress, and 1 tbsp of a carrier oil of your choice or fragrance free shampoo, and enough water to cover your feet in a stainless steel or non-reactive bowl. Soak for 10-15 minutes, pat feet dry, and elevate legs.

For a little extra support to get through a difficult day, use this synergy to help ground, uplift, and provide the comfort that you need:

20 drops Rhododendron  
10 drops Orange Sweet  
5 drops Buddha Wood

Directions for use: Place 15 drops of the synergy in an inhaler and use as needed. Place 10 drops in the AromaFuse Diffuser (400 ml water capacity). Dilute at a 1-2% using your favorite Plant Therapy carrier oil and massage into skin. Mix 5 drops with 1 tbsp fragrance free shampoo for a relaxing aromatic bath (1 cup Epsom salt optional)

## Blends Well With

Cedarwood Atlas, Cedarwood Himalayan, Citronella, Cypress, Frankincense, Jasmine Absolute, Lavandin, Lemon, Mandarin, Rose Absolute, Sandalwood, and Orange.

R  
H  
O  
D  
O  
D  
E  
N  
D  
R  
O  
N