

# RutaVala

Essential Oil Blend

## Product Summary

A proprietary blend of Ruta graveolens (rue), Lavender and valerian essential oils, Young Living's RutaVala promotes relaxation of the body and mind.

## Product Story

Unique to Young Living Ruta Vala is a proprietary blend of Ruta graveolens (rue), lavender and valerian essential oils. Although lavender and valerian are well known for their relaxing properties, this blend introduces the less recognized yet efficacious ruta oil. The Ruta graveolens herb is farmed, harvested and distilled at Gary Young's farm Finca Botanica Aromatica in Ecuador. Use of the rue herb dates back many centuries and is referenced in the bible as a herb to be tithed. When combined with lavender and valerian, this trio of essential oils is formulated to relax the body and mind, counter stress and revitalise passion.

## Primary Benefits

- Acts as a relaxant for the body and mind and helps counter stress.
- Rebalances energy to improve vigor in daily activities.
- Reduces inhibitions and minimizes stressful situations.
- Promotes quality sleep.

## Did You Know

Rue is one of the ingredients used in the Vinegar of the Four Thieves. The Four Thieves were a family of perfumers who robbed the dead during the Black Plague and were protected by this antiseptic concoction that included rue.

## Key Ingredients

Lavender, Valerian and ruta essential oils.

## How to Use

This product is for aromatic use only. Diffuse or inhale 1-2 drops every hour or as needed.



## Caution

If pregnant or if you have a medical condition, consult with a health care professional before use. Avoid using on skin.

## Complimentary Products

Essential Oils: Peace and Calming, White Angelica™ and Clary sage

## Frequently asked questions

Q. Is Ruta graveolens oil safe?

A. As with all very potent oils, use only as directed.

Q. Should RutaVala be used as a dietary supplement?

A. No. Ruta Vala should only be used aromatically as indicated in the How to use section.

Q. Should RutaVala be used topically?

A. No. Ruta oil contains a photosensitizing compound. It should not be applied topically.

For more information, contact your  
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