

# RutaVaLa™

## Essential Oil Roll-On



### Product Summary

A proprietary blend of *Ruta graveolens* (rue), lavender, and valerian essential oils, Young Living's RutaVaLa Essential Oil Roll-On promotes relaxation of the body and mind and is an integral part of Gary Young's auricular therapy technique.

### Product Story

Unique to Young Living, the RutaVaLa Roll-On is a proprietary blend of *Ruta graveolens* (rue), lavender, and valerian essential oils. Although lavender and valerian are well known for their sedative properties, this blend introduces the less-known yet effective rue essential oil. The *Ruta graveolens* herb is farmed, harvested, and distilled at Gary Young's farm in Ecuador. Use of the rue herb dates back many centuries and is referenced in the Bible as an herb to be tithed. When combined with lavender and valerian, this trio of essential oils is formulated to relax the body and mind, counter stressed nerves, and revitalize passion.

### Primary Benefits

- + Acts as a relaxant for the body and mind and counters stressed nerves.
- + Rebalances energy to improve vigor during daily activities.
- + Reduces inhibitions and minimizes stressful situations.
- + Induces 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 a natural remedy that included rue.

### Key Ingredients

- + Valerian promotes a sense of sleepiness.
- + Lavender soothes and relaxes.
- + Rue has been shown to increase drowsiness

### How To Use

Apply generously to desired area as needed.

# RutaVaLa™ Essential Oil Roll-On

## Cautions

Keep out of the reach of children. If you are pregnant or have a medical condition, consult with a healthcare professional prior to use.

Topical use only. Possible skin sensitivity. Do not apply to sensitive tissue. Keep away from eyes and lining of nose. Avoid direct sun or UV rays up to twelve hours after applying product. Not intended for children under six years of age.

## Complementary Products

- + Peace & Calming®
- + SleepEssence™
- + Tranquil™ Essential Oil Roll-On
- + RutaVaLa 5 ml

## Frequently Asked Questions

Q. Is *Ruta graveolens* essential oil safe?

A. Yes; RutaVaLa (rue) essential oil is a very different chemical composition than the *Ruta graveolens* herb itself. The herb or water extracts from the herb can have negative effects at very high dosages. RutaVaLa oil is composed primarily of ingredients that are generally recognized as safe (GRAS) according to the FDA.

Q. Should RutaVaLa be used topically?

A. RutaVaLa oil contains a photosensitizing compound. Avoid direct sunlight or UV rays up to twelve hours after applying the product.

Q. Why do RutaVaLa 5 ml and RutaVaLa Roll-On smell different?

A. RutaVaLa Roll-On has been modified for delivery through our innovative roll-on applicator, as well as to reduce potential skin sensitivities.