

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, RutaVaLa 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 recognized, yet efficacious, ruta 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 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 healthcare professional before use. Avoid using on skin.

Complementary Products

Essential Oils: Peace and Calming®, White Angelica™, and clary sage.

Frequently Asked Questions

Q. Is *Ruta graveolens* oil safe?

A. Yes; Ruta (rue) 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. Ruta oil is composed primarily of ingredients that are Generally Recognized As Safe (GRAS) according to the FDA.

Q. Should RutaVaLa be used as a dietary supplement?

A. No; RutaVaLa 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. Caution should be used when applying topically to skin that will be exposed to sunlight within 12-24 hours.