

# Turmeric

*Curcuma longa* 15 mL

dōTERRA®

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Rhizome

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, spicy, earthy, woody

**Main Chemical Composition:** ar-Turmerone and Turmerone

**Turmeric** | *Curcuma longa* 15 mL

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## Primary Benefits

- + Has a warm, spicy, earthy, aroma
- + Adds the unique flavor of turmeric to water and recipes
- + Supports clean, healthy-looking skin

## Description

Turmeric is famous for offering a grounded, earthy aroma when diffused or included in a soothing massage, but it is best known for its role in the kitchen. Turmeric essential oil greatly enhances curries, soups, and other dishes with its distinct flavour profile. Adding a drop of Turmeric oil to a glass of water or cup warm tea is another excellent way to enjoy its rich taste. An unsung gem of skincare, Turmeric oil can also help promote clear, smooth, and radiant-looking skin when combined with your facial cleanser or moisturizer.

## Uses

- + Diffuse for a warm, earthy, energizing aroma.
- + Include a drop to enhance the flavour of turmeric in your favourite teas, beverages, or recipes.
- + Add a drop to your daily skincare or a face mask to support an overall, healthy-looking glow.
- + Include a drop as part of a soothing massage after physical activity.

## Directions

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal Use:** Dilute one drop in 120 mL of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.