

# Turmeric

Essential Oil Supplement 15 mL

dōTERRA®

Product Information Page (UAE)



CPTG®

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**Application:** 1

**Ingredients:** Curcuma Long (Rhizome Oil)

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

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**Turmeric** | Essential Oil Supplement 15 mL

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## Primary Benefits

- + Turmeric brings a burst of flavor to savory meals.
- + Adds a spicy and peppery flavor to your favorite hot drinks.
- + Helps reduce oxidative stress in the body.

## Description

As a key botanical of the traditional Ayurvedic practices of India, turmeric root and turmeric essential oil have a long history that has inspired modern uses of turmeric today. Turmeric has been used for centuries in China, India, and Sri Lanka.

Turmeric helps reduce oxidative stress in the body. It can also be used in foods as Turmeric has a warm, spicy taste that acts as a great burst of flavour in your favourite savoury meals.

## Uses

- + Make your own Turmeric Tea by mixing coconut milk, water, honey, tea and one to two drops of Turmeric essential oil.
- + Add Turmeric essential oil to scrambled eggs or frittatas, plain rice or soups for a subtle spicy and peppery flavor.
- + When using Turmeric essential oil in cooking, you may want to start out with The Toothpick Method – simply dip a toothpick in the essential oil bottle, stir into your dish, taste and repeat until you've added your desired amount.

## Directions

**Internal:** Dilute one drop in 120 mL of liquid. Take it once a day.

## Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas.