

CARAWAY

Carum carvi 5mL

Herbaceous and slightly woody

Aromatic description

PRIMARY BENEFITS

- Soothing and calming aroma.
- Caraway essential oil contains limonene known for its cleansing properties.

PRODUCT DESCRIPTION

Caraway essential oil comes from the caraway plant, a member of the carrot family and a cousin to dill, fennel, anise, and cumin. Caraway seeds may be small, but these tiny packages yield an essential oil bursting with compounds that offer a range of powerful properties. The distinct aroma comes from D-Carvone, which makes the raw seeds the star flavour of dishes like Bavarian-style sauerkraut, rye bread, and German sausages.

The caraway plant grows in grasslands and cultivated fields native to Europe, Asia, and northern Africa. It's also known by several other names, such as meridian fennel, Persian cumin, or European caraway. The plant looks like fennel with clusters of small, white flowers in a flat-topped flower head, and grows approximately 60 cm tall.

Caraway essential oil is produced through steam distillation of its long and tiny seeds that are collected, crushed, and transformed into essential oil.

USES

- Support a soothing abdominal massage by including Caraway oil for a gentle aroma.
- Diffuse three to four drops for a sweet, calming aroma perfect before or during a meal.
- Combine one drop each of Caraway oil and Lavender oil to a tablespoon of carrier oil and add to a warm bath for a uniquely relaxing aroma.
- Blends well in the diffuser with Roman Chamomile.

DIRECTIONS FOR USE

AROMATIC: add 3-4 drops to your diffuser.

TOPICAL USE: Apply 1-2 drops to desired area. Dilute with a carrier oil to minimise any sensitivity. See additional precautions to the right.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN.

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

MAIN CHEMICAL COMPONENTS:
Carvone, Limonene.



Certified Pure Tested Grade

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