TURMERIC
CURCUMA LONGA 15 ML

SKU: 60208033

PRIMARY BENEFITS

• WHEN DIFFUSED, TURMERIC PROVIDES A REJUVENATING SCENT
• USE IN A DIFFUSER TO CREATE A GROUNDING ATMOSPHERE

PRODUCT 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. Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and ar-Turmerone. The varied properties of these components make it a staple for your daily wellness routine. Promoting uplifting feelings, Turmeric is beneficial both as a flavouring and aromatically. Curcumin is a main component of Turmeric. Turmeric is known for its warming properties. In addition to the many benefits of Turmeric essential oil, Turmeric acts as a great burst of flavour to your favourite savoury meals.

USES
• Add 1-2 drops to your food for flavour enhancement.
• Add 1-2 drops into your hand and inhale to promote feelings of positivity.

DIRECTIONS FOR USE
Diffusion: Use 1-2 drops in the diffuser of choice.
Food Flavour use: Add 1-2 drops to food.

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.

PLANT PART: Rhizome
EXTRACTION METHOD: Steam distillation
AROMATIC DESCRIPTION: Warm, spicy, earthy, woody
MAIN CHEMICAL COMPONENTS: ar-Turmerone and Turmerone