

Caraway

Carum carvi 5 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade*

Application: **A** **T** **I** **N**

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, woody, slightly sweet

Main Chemical Components: D-Carvone, Limonene

Caraway

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*not available for individual sale

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 flavor of dishes like Bavarian-style sauerkraut, rye bread, and German sausages. Next is limonene, a constituent commonly found in citrus oils that's known for its cleansing properties. This makes Caraway essential oil an ideal tool for oral care and keeping teeth looking clean.

USES

Cosmetic

- Apply one drop of Caraway oil to your toothbrush when brushing teeth both morning and night to help maintain a clean mouth.
- Add one drop Caraway oil and one drop Clove oil to water and use as a daily mouth rinse.
- Add one drop Caraway oil and one drop Lavender oil to warm bath water for a uniquely relaxing aroma.
- Support a soothing abdominal massage by including Caraway oil for a gentle aroma.

Household

- Diffuse three to four drops for a sweet, calming aroma perfect before or during a meal.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in four fluid ounces of liquid.

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

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.

