

Turmeric

Curcuma longa 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Tested Grade®

Application: A T I N

Plant Part: Rhizome

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, earthy, woody

Main Chemical Components: ar-Turmerone and Turmerone

Turmeric

Curcuma longa 15 mL

Part number: 60207639

Wholesale: \$36.00 CAD

Retail: \$48.00 CAD

PV: 30

PRODUCT DESCRIPTION

The turmeric root is a member of the ginger family with a long history of use in ancient China and India. Its unique flavor is commonly used in Indian cuisines and is actually responsible for the yellow color of curry and mustard.

USES

Cosmetic Uses:

- Combine with moisturizer and utilize in skin care routine to support clean and healthy-looking skin.

Food Uses:

- Use in cooking for a flavorful twist.

Household Uses:

- Diffuse for an uplifting and energizing aroma.

DIRECTIONS FOR USE

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

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

Topical use: When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize 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.

