

Turmeric

Curcuma longa 15 ml

dōTERRA® | EUROPE

PRODUCT INFORMATION PAGE



Plant Part: Rhizome

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, earthy, woody

Main Chemical Components: ar-Turmerone and Turmerone

PRIMARY BENEFITS

- Helps support healthy metabolic functions
- Promotes overall cellular health
- Helps support healthy cellular integrity
- Supports the immune system's natural functions
- When diffused, Turmeric provides an emotional lift and may help improve mood

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Part Number: 60208112



PRODUCT DESCRIPTION

As a key botanical of the traditional Ayurvedic health 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. These components make Turmeric essential oil a staple in your daily health routine. Turmeric is beneficial internally for helping to support the immune system's natural functions. As well, Turmeric can help to promote clear, smooth, and radiant-looking skin. This essential oil also acts as a great burst of flavour to your favourite savoury meals.

USES

- Take internally to support immune response natural functions.
- When needed, use Turmeric as a spot treatment or an all-over face mask to help reduce the appearance of blemishes or for a healthy-looking overall glow.
- Try using 1-2 drops in tea or water for a subtle herbal flavour.

DIRECTIONS FOR USE

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

Internal Use: Dilute one drop in 4 fl. oz. 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.