

Turmeric

Curcuma longa 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

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

PRIMARY BENEFITS

- When diffused, Turmeric provides an emotional lift and may help improve mood
- Supports clean and healthy-looking skin while reducing the appearance of blemishes

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. Most commonly known for their emotional benefits, these components make Turmeric essential oil a staple in your daily health routine. Promoting feelings of positivity, Turmeric is beneficial both internally and aromatically. Turmeric may help to promote clear, smooth, and radiant-looking skin. In addition to the many benefits of Turmeric essential oil, Turmeric acts as a great burst of flavor to your favorite savory meals.

USES

- 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.
- Diffuse Turmeric or put a drop or two into your hand and inhale to promote feelings of positivity and to improve mood.
- After strenuous activity, incorporate Turmeric into your recovery routine to help promote a soothing experience.

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.

