

Turmeric

Curcuma longa 15 mL

dōTERRA® | ISRAEL

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

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.

Application: A T I N

Plant Part: Rhizome

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, earthy, woody

PRIMARY BENEFITS

- May be soothing to the skin
- May promote clear, healthy skin
- Can create an uplifting aroma.
- Incorporate Turmeric oil into your recovery routine after strenuous activity for a soothing experience

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PRODUCT DESCRIPTION

Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and arTurmerone. Turmeric is beneficial aromatically, it can promote an uplifting environment. It can also help to promote clear, smooth, and radiant-looking skin.

USES

- Use 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 for a warm, earthy aroma.
- Incorporate into your recovery routine for a soothing
- massage after strenuous activity.

DIRECTIONS FOR USE

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

Topical Use: Dilute 1 drop of Turmeric oil in 1 ml dōTERRA fractionated Coconut oil.

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.