

# Turmeric

*Curcuma longa* 15 ml



**Application:** A | I | S

**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

**SKU:** 60219582

## Primary Benefits

- + Turmeric brings a burst of flavor to savory meals.
- + Adds a spicy and peppery flavor to your favorite hot drinks.
- + When diffused, Turmeric essential oil provides a rejuvenating scent and grounding atmosphere.

## Product Description

As a key botanical of the traditional Ayurvedic 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. Curcumin is a main component of Turmeric.

Try diffusing for a unique and rejuvenating aroma. Turmeric essential oil acts as a great burst of flavor to your favorite savory meals.

## Uses

- + Make your own Turmeric Tea by mixing coconut milk, water, honey, tea and one to two drops of Turmeric essential oil.
- + Add Turmeric essential oil to scrambled eggs or frittatas, plain rice or soups for a subtle spicy and peppery flavor.
- + When using Turmeric essential oil in cooking, you may want to start out with The Toothpick Method – simply dip a toothpick in the essential oil bottle, stir into your dish, taste and repeat until you've added your desired amount.
- + Diffuse one or two drops for a unique aroma. Blends well with Wild Orange, Ylang Ylang, Grapefruit, Cardamom, Cinnamon and Ginger essential oils.

## Directions for Use

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

**For Use In Food:** Dilute one drop in 120 ml of liquid.

## Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas.