

# CELERY SEED

*Apium graveolens 15 mL*

*Sweet, warm, earthy, spicy*

*Aromatic description*

## PRIMARY BENEFITS

- Calming and relaxing aroma when diffused
- Distinct strong flavouring for food

## PRODUCT DESCRIPTION

Celery was used as early as the 5th century by the Chinese, and widely used in Indian Ayurvedic practices.

Conventionally grown grocery store celery looks nothing like the celery seen at local farmers' markets. The celery plant grows up to three feet tall, is bright green and radiating with life. Celery has a complex, strong, sweet, and spicy aroma. The plant takes two years to fully mature and produce its small fruit, which are tan to brown in colour.

The seeds are the primary repository for essential oil. Limonene, the dominant constituent in Celery Seed is also found in refreshing citrus peel and fir needle oils.

The oil has a calming, relaxing and positive aroma. Celery seed essential oil has a distinct, strong flavour.

## DIRECTIONS FOR USE

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

**FOOD FLAVOUR USE:** Add one or two drops to food.

## CAUTIONS

**KEEP OUT OF REACH OF CHILDREN.** Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Seed

**EXTRACTION METHOD:** Steam distillation

**MAIN CHEMICAL COMPONENTS:** Limonene,  $\beta$ -Selinene



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