

DILL

anethum graveolens 5mL

Herbaceous, grassy, fresh

Aromatic description

PRIMARY BENEFITS

- Enhance the flavour of food
- Diffuse to enjoy the aroma
- Dilute and use in a relaxing massage

PRODUCT DESCRIPTION

Dill is an annual herb in the Apiaceae family and is the sole species of the genus Anethum. Dill has a myriad of traditional benefits. The Ancient Egyptians used it for its soothing effects and to ward off evil spirits. The Greeks thought of dill as a symbol of wealth and the Romans believed it brought good fortune, therefore they would make wreaths of dill to adorn athletes and heroes.

Dill has been used for centuries to enhance the flavour of vegetables, meats, and seafood. Today, it is used across many cultures to flavour soups, salads, potatoes, curry, fish, rice, and vegetable dishes. Dill essential oil can be used in addition to or as a substitute for Dill flavouring.

USES

- Add to marinades, soups, and salads to enhance flavour.
- Add 1–2 drops to an herbal tea before bedtime as part of your nightly routine.

- Diffuse with Bergamot and Lemon to help create an oasis of calm.

DIRECTIONS FOR USE

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

FOOD FLAVOUR: Dilute one drop in 200mL liquid.

TOPICAL: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity. See additional precautions below.

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, Carvone, -phellandrene



Certified Pure Tested Grade

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