

Turmeric (Food)

Curcuma longa 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: I

Plant Part: Rhizome

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, earthy, woody

Main Chemical Components: ar-Turmerone and Turmerone

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. The Turmeric plant is part of the ginger family and boasts a yellow rhizome that is commonly used as a spice. Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and ar-Turmerone. Turmeric acts as a great burst of flavor to your favorite savory meals.

USES

- Use as a replacement for dishes that require turmeric.

DIRECTIONS FOR USE

Internal use: Dilute one drop in 120 mL of liquid.

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.

PRIMARY BENEFITS

- Add 1-2 drops to food

Turmeric (Food)

Curcuma longa 10 ml

SKU: 60211932

