**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. Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and ar-Turmerone. Most commonly known for their nervous system benefits, these components make internal use of Turmeric essential oil a staple in your daily health routine.* Turmeric is beneficial both internally and aromatically. Advantageous to the immune system, ingested Turmeric may have soothing benefits that promote a positive immune response.* Turmeric can help to promote clear, smooth, and radiant-looking skin. Take Turmeric daily to support healthy immune function and response along with healthy circulation.* In addition to the many benefits of Turmeric essential oil, Turmeric acts as a great burst of flavor to your favorite savory meals.

**USES**
- Take internally for daily antioxidant support and to improve immune response.*
- As metabolic support, use Turmeric internally when trying to get back on track.*
- When needed, use Turmeric 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 Turmeric or put a drop or two into your hand and inhale.
- After strenuous activity, incorporate Turmeric into your recovery routine for a soothing experience.

**DIRECTIONS FOR USE**
**Diffusion:** Use three to four drops in the diffuser of your choice.
**Internal Use:** Dilute one drop in 4 fl. oz. of liquid.
**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. 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.