

# Turmeric

*Curcuma longa* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A | T | N

**Plant Part:** Rhizome

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, spicy, earthy, woody

**Main Chemical Components:** ar-Turmerone and Turmerone

## PRIMARY BENEFITS

- Supports clean and healthy-looking skin while reducing the appearance of blemishes

### Turmeric

*Curcuma longa* 15 mL

Part number: 60212425

## 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. Turmeric can help to promote clear, smooth, and radiant-looking skin.

## USES

- 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.

**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

Apply one to two drops to desired area. Dilute with a carrier oil to minimize any 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. Avoid sunlight or UV rays for at least 12 hours after applying product.

