

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Carrot Seed Essential Oil

Botanical Name: *Daucus Carota*

Plant Part: Seeds

Extraction Method: Steam Distilled

Origin: India

Color: Pale yellow to amber

Consistency: Thin

Note: Middle

Strength of Aroma: Medium

Aromatic Scent: Strong woody, earthy and musky scent

Blends With: Frankincense, Lavender, Rosewood, Cypress, and Geranium.

Common Uses

Carrot Seed Essential Oil is primarily used for its therapeutic applications within skin care. It is especially heralded and prized for its ability to nurture mature and damaged skin.

Also used for Eczema, gout, toxin build-up, & water retention. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 57-60.]

Cautions:

Tisserand and Young indicate that Carrot Seed Oil is contraindicated in pregnancy and breastfeeding and that it may interfere with gestation. Avoid use during pregnancy.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

