

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Turmeric Essential Oil

Botanical Name: *Curcuma longa*

Plant Part: Root

Origin: India

Processing Method: Steam Distilled

Color: Pale Yellow to orange-yellow

Consistency: thin

Note: Base

Strength of Aroma: Medium

Aromatic Scent: turmeric Essential Oil has the same fragrant, pungent, woody scent as the powdered spice used in Eastern cuisine.

Blends With: Bergamot, Cardamom, Cassie, Cistus, Clary Sage, Coriander, Frankincense, Ginger, Galangal, Helichrysum, Labdanum, Lavender, Mimosa, Neroli, Orange, Orris, Patchouli, Petitgrain, Sandalwood, Ylang Ylang.

Common Uses:

Anti-inflammatory, Arthritis, gout, headaches, anti-mutagenic/cancer, circulation, detoxification, Immune system booster, digestion, hair loss, skin care, immune boosting, brain function/cognition, dementia/Alzheimer's support, heart health (atherosclerosis, fatigue, weakness, anemia,

Cautions:

May cause stomach upset, skin irritation, & mucus membrane irritation. Since it lowers blood pressure, caution should be taken with blood pressure medications.

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.

