

# Carrot Seed

DAUCUS CAROTA L.

Carrot Seed Oil is rich in beta carotene and Vitamins A, B, C, D and E. This oil is known to heal dry, chapped skin, balance the moisture in skin and condition the hair, as well. It is suitable for all skin types, especially for dry, mature skin and is effective for face and neck treatments in reducing wrinkles.

## COUNTRY OF ORIGIN

India

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Seed

## BOTANICAL FAMILY

Apiaceae

## CHEMICAL FAMILY

Caratol: > 65%

## AROMA

Sweet, Fresh, Citrus-like

## NOTE

Middle

## SAFETY

- Dilution: Can be used at 100% or blended with another carrier oil at a 10-25% dilution.

## THERAPEUTIC PROPERTIES

Many users find Carrot Seed helpful for burns, wounds, cuts and scars. It is also beneficial for cracked skin on the elbows and knees that need gentle care. It can be massaged into the scalp to stimulate healthy hair growth and repair damage hair. Carrot Seed absorbs easily into the skin and is great for eczema, psoriasis, and an itchy scalp.

ANTISEPTIC	ANTI-INFLAMMATORY	CARMINATIVE
CYTOPHYLACTIC	DEPURATIVE	DIURETIC
DETOXIFICATION	EMMENAGOGUE	HEPATIC
STIMULANT	TONIC	VERMIFUGE

## BODY SYSTEMS

DIGESTIVE

FLATULENCE AND INDIGESTION

ENDOCRINE

EMOTIONAL BALANCE

INTEGUMENTARY

ITCHING/DERMATITIS, OILY SKIN, ECZEMA

LIMBIC

HAIR GROWTH



## BODY SYSTEMS CONTINUED

### REPRODUCTIVE

AMENORRHEA/ABSENT MENSTRUATION,  
DYSMENORRHEA/CRAMPS/PAINFUL MENSTRUATION, PMS

#### REFERENCES:

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3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
4. NAHA [HTTPS://NAHA.ORG/EXPLORE-AROMATHERAPY/SAFETY/GENERAL-SAFETY-GUIDELINES](https://naha.org/explore-aromatherapy/safety/general-safety-guidelines)
5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS