

# Turmeric

CURCUMA LONGA

Known for its widespread use in South East Asia similar to Ginger. Many health benefits have been found for Turmeric. Numerous uses makes Turmeric a very powerful oil in its own with its ability to fight cancer and even fight depression.

## COUNTRY OF ORIGIN

South East Asia

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Rhizome

## BOTANICAL FAMILY

Zingiberaceae

## CHEMICAL FAMILY

Sesquiterpenes, Monoterpenols, Aldehydes and Oxides

## AROMA

Spicy, Sweet, Warm

## NOTE

Middle/Base

## SAFETY

- No known contraindications.
- May cause irritation for those with sensitive skin.
- Use diluted.

## THERAPEUTIC PROPERTIES

Turmeric essential oil has a long history of therapeutic use. Its main properties are anti-inflammatory, antioxidant, and antiseptic. It is sometimes used to treat arthritis, digestive disorders, and skin conditions. Turmeric oil is also thought to help stimulate circulation and promote detoxification.

ANTIOXIDANT	ANTI-INFLAMMATORY	ANTIBACTERIAL
ANTINOCICEPTIVE	ANTICARCINOGENIC	ANTIMICROBIAL
ANTIARTHRITIC	GASTROPROTECTIVE	ANTITUMOR
CALMING		

## BODY SYSTEMS

CIRCULATORY

INFLAMMATION OF THE COLON

DIGESTIVE

DIGESTIVE AID

ENDOCRINE

IMPROVE MOOD

MUSCULAR

ACHY JOINTS AND PAINS CAUSED BY ARTHRITIS



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