

Turmeric

Oil of Restoration

Element of Earth & Fire



WAYS TO USE TURMERIC

1. Add to a veggie cap to help support **healthy nervous and cellular function**
2. Combine with Deep Blue and Copaiba to **soothe sore, tired muscles**
3. **Use when cooking** to add a burst of flavor
4. **Make a tea** to support the body's natural inflammatory response
5. Take internally for **metabolic support**
6. Make a **DIY face mask** to promote clear, smooth, and radiant-looking skin
7. **Inhale** directly from cupped hands
8. Take internally to promote **healthy immune function**
9. **Diffuse** with Wild Orange and Clove
10. Apply to bottom of feet to support **circulation**



Rich in antioxidants, Turmeric essential oil supports the metabolism and the immune system.* It is also emotionally uplifting.

Benefits

When taken internally, it offers daily antioxidant support and helps support a healthy nervous system, cellular function, and immune response.*

Internal use may enhance cellular antioxidant enzymes*

Promotes feelings of positivity and improves mood.

Emotional

Faithful, resilient, stable, trusting, confident.

Uses

Take internally for daily antioxidant support and to improve immune response.*

To better support your metabolism, take one to two drops of Turmeric internally*

Use as a spot treatment to help reduce the appearance of blemishes.

Add a drop to scrambled eggs or frittatas, plain rice, or soups.

After strenuous activity, apply Turmeric topically to targeted areas for a soothing experience.



Much like other essential oils derived from roots (such as Ginger oil, Vetiver oil, and Spikenard oil), Turmeric oil bears an earthy and grounding aroma. However, Turmeric essential oil uniquely contains the chemical components Turmerone and ar-Turmerone, making it particularly effective as a food flavoring and skin cleanser. Ultimately, Turmeric essential oil is one of the staples of a daily wellness routine.

Turmeric

RESTORE

- 3 LITSEA
- 1 TURMERIC

STABILITY

- 3 CEDARWOOD
- 1 SIBERIAN FIR
- 1 TURMERIC

EMBRACE CHANGE

- 2 PEPPERMINT
- 2 GINGER
- 1 TURMERIC



Diffuser
Blends

FAITH

- 4 LAUREL LEAF
- 1 TURMERIC

TRUST

- 3 YLANG YLANG
- 1 LAVENDER
- 1 TURMERIC

WARM ME UP

- 2 CASSIA
- 1 CINNAMON
- 1 TURMERIC



TURMERIC VEGGIE CAPS

Make your own veggie capsules for internal use

BRAIN BOOST

- 2 drops Turmeric
- 2 drops Frankincense
- 2 drops Rosemary

BREATHE WELL

- 2 drops Peppermint
- 2 drops Turmeric
- 2 drops Frankincense

IMMUNE HELPER

- 2 drops On Guard®
- 2 drops Turmeric
- 2 drops Green Mandarin

CLEANSING

- 2 drops Turmeric
- 2 drop Cilantro
- 2 drops Celery Seed

ACHES BE GONE

- 2 drops Turmeric
- 2 drops Copaiba
- 2 drops Lemongrass

HAPPY CELLS

- 2 drops Pink Pepper
- 2 drops Frankincense
- 3 drops Turmeric