

# Turmeric

## Essential Oil Profile



**Botanical Name:** *Curcuma longa*

**Common Names:** Turmeric, Indian Saffron, Curcuma

**Plant Family:** Zingiberaceae

**Countries of Origin:** India, Indonesia, China, Madagascar, Sri Lanka

**Extraction Method:** Steam distillation

**Parts Used:** Rhizomes (roots)

**Essential Oil Smell:** Warm, spicy, earthy, with a hint of ginger and orange

**Essential Oil Color:** Yellow to amber

**Viscosity:** Thin to medium

**Perfumery Note:** Base to Middle

**Strength of Aroma:** Medium to strong

## Blends Well With

Ginger (*Zingiber officinale*)

Orange (*Citrus sinensis*)

Frankincense (*Boswellia carterii*)

Ylang-Ylang (*Cananga odorata*)

Cedarwood (*Cedrus atlantica*)

Cinnamon (*Cinnamomum zeylanicum*)

Black Pepper (*Piper nigrum*)

## Therapeutic Properties

Anti-inflammatory

Antioxidant  
Antimicrobial  
Analgesic  
Antifungal  
Antidepressant  
Digestive aid  
Detoxifying  
Carminative  
Hepatoprotective (liver-protecting)

## Uses

- Aromatherapy: to relieve stress, reduce inflammation, and promote relaxation
- Skincare: to treat acne, eczema, and improve overall skin health
- Massage: to alleviate muscle pain and joint inflammation
- Haircare: to treat dandruff and promote a healthy scalp
- Digestive aid: to help with indigestion and bloating
- Anti-aging: as part of blends for its antioxidant properties

## Contraindications

- Not recommended for use during pregnancy and breastfeeding.
- May cause skin sensitivity; perform a patch test before use.
- Should not be used by individuals with gallbladder problems or gallstones.
- Avoid using undiluted on the skin.

## Side Effects

- Potential skin irritation or allergic reaction in sensitive individuals.
- Photosensitivity; avoid exposure to direct sunlight after application.
- May cause staining due to its strong yellow pigment.

## Types

- Pure Turmeric Essential Oil (steam-distilled)
- Turmeric CO2 Extract (using supercritical CO2 extraction for a broader range of constituents)

## Chemical Constituents

- Turmerone (30-40%): Provides anti-inflammatory and antimicrobial properties.
- Alpha-Turmerone (20-30%): Known for its antioxidant and neuroprotective effects.
- Beta-Turmerone (15-25%): Contributes to anti-inflammatory and analgesic properties.
- Ar-Turmerone (5-10%): Offers antifungal and antimicrobial benefits.
- Cineole (1-3%): Adds a fresh, camphor-like note and provides decongestant properties.
- Zingiberene (1-3%): Adds to the warm, spicy aroma and offers anti-inflammatory effects.

Turmeric essential oil is prized for its potent anti-inflammatory and antioxidant properties. It is used in aromatherapy, skincare, and medicinal applications to promote overall well-being and treat a variety of conditions, particularly those related to inflammation and oxidative stress. Its vibrant color and warm, spicy aroma make it a distinctive and valuable addition to many therapeutic and cosmetic formulations.



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