



Dill

Anethum graveolens

The dill plant is an annual that is commonly grown in herb, vegetable, and flower gardens. The plant usually grows anywhere from three to five feet tall. The flowers of the plant are yellow and grow in flattened, compound umbels.

Size: 15ml

APPLICATION METHOD: can be used aromatically - can be used topically - can be used internally.

Primary Benefits

Dill oil is usually used for digestive problems such as constipation, loss of appetite and indigestion. Because of dill's carminative properties, it can help stop gas formation in the intestines. It also has a calming and soothing effect that helps reduce nervousness and relieves anxiety and depression.

Direction Use

Diffuse: use 3-5 drops of oil in a diffuser.

Topically: Apply to reflex points on the feet and/or directly on area of concern. A drop or two on the wrists may help remove addictions to sweets. No need for dilution.

Topically: Take in a capsule. Use as a flavoring in cooking.

Cautions

Use with caution as susceptible to epilepsy.

Aromatic Description

Fresh, sweet, herbaceous, slightly earthy.

Collection Method

Steam Distillation from whole plant.

Plant Part

Seeds

Main Constituents

Monoterpenes, Limonene, Pinenes, Phellandrenes, Cymene, Ketones, Ethers.

Description

Dill Seed Essential Oil isn't a widely used essential oil within the scope of aromatherapy. However, it's an interesting and beneficial essential oil that deserves a second glance, especially for digestive issues.

Aromatically, Dill Seed Oil possesses a slightly earthy, fresh, sweet, herbaceous aroma that blends well with essential oils in the citrus, spice, wood and herbaceous families.

Uses

- For an emotionally renewing diffuser blend, diffuse Dill oil with Bergamot and Lemon essential oils to reduce stress and anxious feelings.
- Add Dill oil to your kitchen. Drop a drop or two into your marinades, soups, and salads for a sweet, herbal kick that will enliven your taste buds.
- When canning vegetables, add Dill oil to the jar before sealing the lid. The Dill essential oil will help preserve the fresh garden vegetables.
- When taken internally, Dill oil provides important antioxidants.* Antioxidants are essential for the body because they inhibit oxidization. For these antioxidant benefits, put Dill essential oil in a Veggie Capsule and ingest.

Properties

Antispasmodic, antibacterial, expectorant, and stimulant