



CUMIN Essential Oil



Botanical Name: *Cuminum cyminum*

Plant Part: Seeds

Origin: India

Processing Method: Steam Distilled

Child Safe: Yes

Major Constituents

- Cuminaldehyde
- Cymene
- Phellandrene
- Myrcene
- Limonene
- Farnesene
- Caryophyllene

Description / Color / Consistency: A thin, pale yellow-greenish to brownish liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note with a medium strength of aroma, it has a characteristic warm, spicy and musky scent.

Blends With: [Caraway](#), [Lavender](#), [Rosemary](#), [Chamomile](#) essential oils.

Product Abstract: Originally from the Mediterranean area, Cumin is a small annual herb about 50 cm (20 inches) high with deep green, narrow feathery leaves and tiny white or pink flowers, followed by small oblong seeds. In use for over 4,000 years, Cumin was mainly used in cooking. The ancient Greeks and Romans used it much as we use black pepper. In the Holy Land, people used it to pay their debts and taxes with it. During the Middle Ages, feudal lords sometimes paid their serfs with Cumin for services rendered, before it fell out of favor with Europeans as a spice. Today it is popular in the cuisines of India, the West Indies, and Central and South Americas.

Cumin Oil Uses and Benefits

- Cumin essential oil is a popular spice that can be used to enhance culinary dishes from around the world. For a spicy cumin flavoring, add one to three drops of Cumin essential oil to stews, soups, and curries. Cumin oil also provides an easy and convenient replacement for ground



cumin. Next time you have a recipe that requires ground cumin, substitute it with Cumin essential oil.

- If you are in need of quick digestive relief, take Cumin oil internally to assist with digestive health. Cumin oil is a great essential oil for supporting digestive health, and it can help relieve occasional digestive discomfort. When stomach troubles arise, add one drop of Cumin oil to four ounces of water and drink, or add a drop of Cumin oil to a veggie capsule and ingest with liquid.
- If you're looking for a simple way to cleanse your body internally, Cumin oil provides a quality option. Cumin oil has the ability to purify the body's systems, and it is ideal for internal cleansing.* When taking advantage of Cumin oil's purifying properties, make sure to dilute it in fluid or take it in a veggie capsule.
- On cold or rainy days, dilute Cumin essential oil with a carrier oil and apply it to the desired areas of your skin. Cumin oil will provide a warming sensation that will help you feel warm and cozy even when the weather is cold and dreary.

Cautions: This Essential Oil has phototoxic properties and exposure to the sun must be avoided after application to the skin. Due to their presence, please consult a physician prior to using this oil. Dilute well before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

****These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).