



## Caraway Essential Oil



**Botanical Name:** *Carum carvi*

**Main Constituents:**

Carvone: 82.0%

**Plant Part:** Seeds

**Origin:** Egypt

**Processing Method:** Steam Distilled

**Child Safe:** Yes

**Description / Color / Consistency:** A thin, clear, colorless to pale yellow liquid.

**Aromatic Summary / Note / Strength of Aroma:** A middle note with a strong aroma, Caraway Essential Oil has a sweet spicy odor with a slight peppery smell.

**Product Abstract:** Also known as Meadow Cumin, Caraway is a very old and well-known spice, used as far back as the Stone Age, according to the evidence found in archaeological digs. The Egyptians used it as flavouring in foods, the Romans in bread-making, and by the Middle Ages it had found popularity among the Germans and Austrians in their cooking as well.

### About Caraway Essential Oil and Its Uses

Caraway's impressive history as a culinary spice goes back more than 5,000 years. When the Ebers Papyrus was discovered in the 17th Century, it indicated that ancient Egyptians had been recommending Caraway seeds for digestive upsets since 1550 B.C. In Traditional Chinese Medicine, the Caraway seed is used for its warming effects within the human body. It is an official remedy in the British Herbal Pharmacopoeia for a variety of health concerns, especially related to digestive support.

Often used by naturopathic physicians for its multitude of therapeutic properties, Caraway essential oil can help ease the stress of the body.

Caraway is also used as a breath freshener and is a common component in toothpaste and mouthwash products.

### General Safety Information

Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.



**Cautions:** Dilute 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. Possible drug interactions

**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](#).