



Carrot Seed Essential Oil



Botanical Name: *Daucus carota*

Main Constituents:

Caratol: 76.37%

Plant Part: Seeds

Origin: India

Processing Method: Steam Distilled

Child Safe: No

Description / Color / Consistency: It is a pale yellow to amber liquid with a thin viscosity.

Aromatic Summary / Note / Strength of Aroma: A middle note with a medium aroma, this oil has a strong woody, earthy and musky scent.

Product Abstract: Carrot is a domesticated form of the wild carrot, *Daucus carota*, which is native to Europe and southwestern Asia. It is a biennial plant which grows a rosette of leaves with an umbel of white flowers that produce the seeds. The name is derived from the Greek *carotos*, for 'healing'. The herb was transported to the Americas where it became known as Queen Anne's Lace, but the edible orange root as we know it was developed by the Dutch in the 1700's.

Carrot Seed Essential Oil is primarily used for its therapeutic applications within skin care. It is especially heralded and prized for its ability to nurture mature and damaged skin.

Therapeutic benefits

- Renowned for its ability to rejuvenate, soften and smooth skin. Dilute with a carrier oil and add to your regular skincare routine.
- Can also help support a healthy digestive system. Add a few drops to Evening Primrose Carrier Oil and massage onto your abdomen in a clockwise manner.
- Diffuse to relieve worry and promote relaxation.

Add a few drops of carrot seed oil to Rosehip seed carrier oil to rejuvenate, soften and smooth your skin. When carrot seed is combined with Evening Primrose oil, it can be applied to the abdomen to help relieve menstrual discomfort.



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.

Safety Information

Tisserand and Young indicate that Carrot Seed Oil is contraindicated in pregnancy and breastfeeding and that it may interfere with gestation. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, *Essential Oil Safety* (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 233.]

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. Do not use if pregnant or breastfeeding.

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](#).