

# Carrot Seed

## *Daucus carota*

**Therapeutic Properties:** Anthelmintic, antiseptic, carminative, depurative, diuretic, emmenagogue, hepatic, stimulant, tonic, vasodilatory and smooth muscle relaxant.

Carrot Seed is a very full Essential Oil and therefore a precious aid in therapy and able to be assimilated just as well through the skin as orally. It has the strongest affinity for the liver, kidneys, pancreas, and skin.

Generally used after an attack of an illness and not during. It has anti-anemic properties and is slightly neuro-tonic due to its alcohols. It is an anti-inflammatory agent which may assist the body with cardiovascular functions.

Carrot Seed along with Dill Weed, are two rare Essential Oils of the Apiaceae family which are gentle and non-toxic. Carrot Seed, however, can quickly become nauseating and should always be blended with other Essential Oils.

Carrot Seed is an Essential Oil somewhat in its own class, more often than not misunderstood, but possessing significant properties. It should not be used indiscriminately, but selectively.

"In the Chinese tradition, Carrot Seed is used to treat dysentery and to expel worms. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 138.]

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Accumulation of toxins, arthritis, gout, edema, rheumatism.

**Digestive System:** Anemia, anorexia, colic, indigestion, liver congestion.

**Genito-Urinary System:** Amenorrhea, dysmenorrhea, glandular problems, PMT.

**Skin Care:** Dermatitis, eczema, psoriasis, rashes revitalizing and toning, mature complexions, wrinkles.

## suggested usage (10 years & up)

### BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

### INHALATION

- Not Recommended.

### MISTING

- Not Recommended.

### TOPICAL

- Can be used neat on the skin, in moderation.
- Apply 1-2 drops on the soles of the feet daily for digestive support.
- Add 15 drops to 1 ounce of Age Delay Beauty Serum to assist with mature wrinkles.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Should under no circumstances be used by children, pregnant women, or breastfeeding mothers except when used in a blend formulated by a qualified Aromatherapist.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Producing Organ:** Seed  
**Extraction:** Steam Distillation  
**Country of Origin:** Hungary

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 5ml Bottle



### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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