

Celery Seed

apium graveolens 10ml

Celery Seed essential oil is one of the best oils for natural liver cleansing. Many natural remedies for gout include Celery Seed because of its excellent ability to reduce uric acid. It is also used in natural remedies for rheumatoid arthritis along with Wintergreen and Peppermint. Researchers have been studying Celery Seed oil because of the compound 3-n-butylphthalide (3nB) that has been shown to relieve symptoms of arthritis.*

Celery Seed possesses a spicy, warm, long-lasting aroma and has seductive properties. Traditionally used as a liver tonic, it is also thought to be useful for treating arthritis, cystitis, menstrual and digestive problems, and high blood pressure. Celery seed essential oil is used as a fragrance component in soaps, cosmetics, and perfumes.*

USES

aromatic

- **Diffuser:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser for 10 minutes per hour for an uplifting, positive environment.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply to calm and ground in times of stress.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle. Shake well and mist into the environment as desired for a relaxing effect.*

bath

- **Bath:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water to for a soothing, relaxing bath.*

internal

- **Internal:** Dilute 2 drops with carrier oil in a veggie capsule and take up to three times daily to promote healthy digestion.*

topical

- **Lotion/Massage:** Add to hand & body lotion or the carrier oil of your choice, adhering to recommended dilution guidelines. Use for a soothing massage.*
- **Topical Dilution Guidelines:** Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Internal • Topical

safety group: 4

Never recommended for children or while pregnant or nursing.

properties

Wildcrafted

Producing Organ: Seeds

Extraction: Steam Distillation

Country of Origin: India

Main Chemical Constituents: Limonene, apiol, selinene

Therapeutic Properties: Anti-oxidative, antirheumatic, antiseptic (urinary), antispasmodic, aperitif, depurative, digestive, diuretic, carminative, cholagogue, emmenagogue, galactagogue, hetatic, nervine, sedative (nervous), stimulant (uterine), stomachic, tonic (digestive)

responsible cautions

- Not recommended for use during pregnancy.
- Not recommended for use in children under 10 years of age.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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