

PRODUCT SUMMARY

Caraway essential oil is steam distilled from delicate, curved caraway seeds from plants grown in Finland, one of the largest exporters of caraway worldwide.

PRODUCT BACKGROUND

Caraway is native to western Asia, Europe, and North Africa. Historically, caraway is one of the oldest cultivated spices—so old that experts haven't been able to agree on its true origin. It has been found in food dating back to 3000 B.C. and was used by many ancient cultures, including the ancient Egyptians.

HOW TO USE

- Massage Caraway essential oil topically on your neck and temples for a soothing and relaxing experience.
- Use with Young Living V-6 for a calming abdominal massage.

CAUTIONS

Keep out of reach of children. For external use only. Keep away from eyes and mucous membranes. If you are pregnant, nursing, taking medication or have a medical condition, consult a health professional prior to use. Avoid direct sunlight or UV rays for up to 12 hours after applying product.

INGREDIENTS

Caraway (*Carum carvi*)* seed oil

*100% pure essential oil

