

Product Summary

Dill (*Anethum graveolens*) is an annual herb in the same family as celery and a popular culinary herb in many countries, particularly in Europe.

The essential oil of dill is created by steam distillation of the whole plant and has been traditionally used to support digestive upset. Dill oil has a spicy, fresh scent that is considered stimulating, revitalizing and balancing. Dill was traditionally used to tone muscles and to clean and protect the skin from minor scrapes and cuts. These topical properties may be the reason Roman gladiators rubbed dill oil onto their bodies before entering the stadium!

Primary Benefits

- Suitable for digestive problems and liver deficiencies
- Dill supports the autonomic nervous system

Who should use Dill Essential Oil?

- Parents wanting to create a calming atmosphere in a child's room
- Anyone who wishes to topically support digestion.

Suggested Use

- Apply to desired area. In case of sensitivity, dilute 5 drops in 10ml of V-6.
- Diffuse up to 30 minutes 3 times daily.

Cautions

- Keep out of reach of children. Avoid contact with eyes and mucous membranes.
- Not for internal use.
- Avoid direct sunlight and UV rays for up to 12 hours after applying product.



Ingredients

Anethum graveolens herb oil.

Goes well with

- Roman Chamomile essential oil
- Peace & Calming essential oil blend
- Di-Gize essential oil blend

Did You Know?

- The name "dill" is derived from the old English dile.
- This oil blends well with lemon, lime and other citrus oils.
- Dill has an approximate ORAC (Oxygen radical absorption capacity) of 356,444 (TE/L).