

# Celery Seed

## Essential Oil



**Ingredients:** Apium Graveolens (Celery) Seed Oil

**Botanical Name:** *Apium graveolens*

**Shelf Life:** 2-3 Years

**Country of Origin:** India

**KidSafe:** Yes **Pregnancy Safe:** No

**Nursing Safe:** No **Pup & Pony Safe:** Yes

**Extraction Method:** Steam-distillation **Plant Part:** Aerial Parts

**Cautions: Flammable.** Harmful if swallowed. Keep out of reach of children. Discontinue use if skin irritation/sensitivity occurs. If pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes and mucous membranes. External use only.

**Directions:**

**Aromatic** - Diffuse using 3-4 drops per 100 mL of water or use in a personal inhaler.

**Topical** - Dilute to 1-3% in a carrier.

## DESCRIPTION

Cultivated for thousands of years, the popular aromatic vegetable Celery is no stranger! Both its fiber-packed stalks and seeds are often added to soups, salads, smoothies, and snacks for an added boost of vitamins and minerals. It is from the steam distillation of the tiny, flavorful seeds that the vibrant, tenacious essential oil is produced. With its warm, herbal, and slightly spicy aroma, Celery Seed Essential Oil provides wonderful support to an upset stomach, especially gut issues related to feelings of stress and nervousness. When used as part of a warm compress or massage blend, this oil can also relax discomfort associated with menstrual cramps and helps to warm and loosen tight, overworked muscles and joints. Diffuse or add to DIY cleaners to enjoy Celery Seed's general wellness support and to experience a sense of well-being amid emotional tension.

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