

CELERY SEED

APIUM GRAVEOLENS

Country of Origin: India

Steam Distilled from seeds

Celery Seed carries a warm, herbaceous intensity - spicy, slightly bitter, and deeply functional. Distilled from the seeds of *Apium graveolens*, it brings a focused, active profile that is less about comfort and more about movement and clearing. Its aroma is distinctive and penetrating, signaling its role as an oil that works beneath the surface to support systemic balance.

Traditionally used for its detoxifying and regulating properties, Celery Seed is often reached for when the body feels burdened, congested, or out of rhythm. It is closely associated with liver support, fluid balance, and the body's ability to process and eliminate waste. Rather than stimulating broadly, it works in a more targeted way - helping the system release excess, restore flow, and return to a more efficient, balanced state.

FUNCTIONAL CONSTITUENTS

3-n-Butylphthalide (3nB) A key phthalide compound associated with celery seed; supports circulation, vascular function, and the body's natural detoxification processes..

Limonene A monoterpene that contributes a light, bright lift; supports digestive function and metabolic activity while balancing the oil's heavier notes.

β-Selinene A sesquiterpene that adds depth to the profile; associated with anti-inflammatory support and overall system regulation.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC12845499/>
<https://pubmed.ncbi.nlm.nih.gov/35536382/>
<https://pubmed.ncbi.nlm.nih.gov/35624525/>



HOW WE SOURCE

Celery Seed oil is steam distilled from the seeds of *Apium graveolens*, where its active compounds are most concentrated. We prioritize seeds grown in their native climate, where soil and growing conditions support the development of its characteristic sharp, herbaceous profile and naturally occurring phthalides.

Harvest timing is critical to ensure the seeds are fully mature but not degraded, preserving both potency and clarity of aroma. Distillation is carried out in controlled batches to maintain a clean, true-to-plant profile without introducing harsh or overly bitter notes. We look for oil that carries a warm, spicy-green character with depth and clarity - never flat, dull, or chemically thin.

OUR CELERY SEED IS:

- ✓ Steam distilled from seeds
- ✓ Sourced from native growing regions
- ✓ Unrefined and unstandardized
- ✓ Batch distilled for consistency
- ✓ Handled for profile clarity

We look for oil that carries a warm, spicy-green aroma with a clean, penetrating character - an immediate sign of proper harvest and distillation. Oils that are flat, overly bitter, or chemically thin are avoided.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Warm, spicy-green aroma*
- Clear, light amber color*
- Thin, mobile consistency*
- Distinct celery seed profile*
- Stored in dark glass*

Avoid:

- Dull or musty scent*
- Dark or cloudy appearance*
- Thick or sluggish texture*
- Faint or off-character profile*
- Clear or plastic packaging*

HOW TO USE CELERY SEED

Celery Seed is used when the goal is clearing, drainage, and metabolic support—especially when the body feels burdened or out of balance. It is typically used in small amounts and integrated into targeted routines.

Aromatic

Diffuse 3–6 drops to create a clean, herbaceous environment. Often used to support focus and a sense of internal reset.*

Internal

Add 1 drop to water or a blend. Commonly used to support digestion, fluid balance, and metabolic function.*

Topical

Dilute with a carrier oil and apply to abdomen or areas of concern. Often used in routines focused on drainage and detox support.*

Bath

Dilute with a carrier oil and apply to abdomen or areas of concern. Often used in routines focused on drainage and detox support.*

WHAT IT SUPPORTS

Celery Seed is traditionally used when the goal is clearing, regulation, and support for the body's elimination pathways. It supports:

- Liver function and detoxification*
- Fluid balance and drainage*
- Digestive function and motility*
- Joint comfort and uric acid balance*
- Metabolic activity*

Used consistently, it helps the body feel lighter, more efficient, and better able to process and eliminate what it no longer needs.

CELERY SEED IN THE STILLROOM

Celery Seed has long been used in the stillroom as a clearing, regulating oil - brought in when the body feels burdened, congested, or out of balance. Distilled from the seeds of *Apium graveolens*, it carries a sharp, herbaceous warmth that signals its role in supporting elimination and internal flow.

It is often reached for when there is accumulation - whether in fluids, metabolic byproducts, or digestive stagnation. Rather than pushing broadly, celery seed works in a more targeted way, helping the body process and move what it has been holding onto. Used consistently, it supports a cleaner, more efficient internal environment and a greater sense of overall lightness and balance.

MORE WAYS TO USE CELERY SEED

Post-Meal Support

Add 1 drop to water after meals. Commonly used to support digestion and reduce heaviness.*

Water Balance Routine

Blend into daily protocols focused on fluid movement. Often used when the body feels puffy or sluggish.*

Joint Comfort Blend

Dilute with a carrier oil and apply to areas of concern. Traditionally used to support comfort and mobility.*

Morning Reset

Add to warm water or tea as part of a daily routine. Helps support internal clearing and metabolic activity.*

Targeted Abdominal Use

Apply diluted oil to the abdomen. Commonly used in routines focused on digestion and elimination.*

CAUTIONS

- Safety Group 4: Never recommended for children or while pregnant or nursing.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

