

Name	Latin Name	Origin
Nutmeg	Myristica Fragrans	Sri Lanka
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$15	
Part of plant	Safety note	Conservation Status

Seeds	The use of the oil on the skin is considered safe at low dilutions: 0.8% for east indian nutmeg oil, and 5% for west indian one, which has lower levels of safrole and methyl eugenol. Nutmeg can irritate the skin when oxidized, and also if used in higher dilutions, as it is a hot oil. Some sources suggest avoiding the use of nutmeg oil during pregnancy.	No status of concern Not listed with a conservation status.
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Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Monoterpene rich 	<ul style="list-style-type: none"> • Analgesic • Antioxidant • Anti-inflammatory • Antibacterial • Antidepressant • Antifungal • Antirheumatic • Antispasmodic • Carminative • Circulatory stimulant • Digestive aid • Rubefacient • Sedative • Warming • Treats a queasy stomach and sluggish digestion. • Eases achy joints • Invigorates the mind and is energizing and uplifting. • Emotionally, Nutmeg essential oil is appreciated during times of situational depression and can help ease worry and improve negative thinking.

Synergy	Energetics
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Scent Notes	Psychological rankings	Physical rankings
Middle	Meditative	2 Digestive 3

Sensual

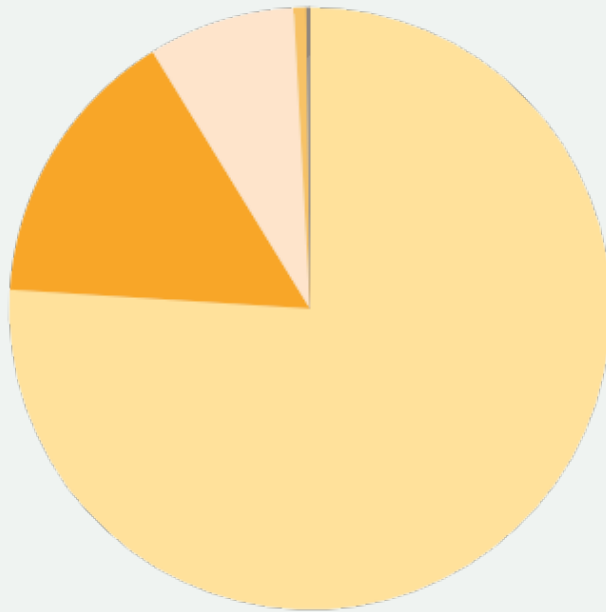
2 Neurological

1

Respiratory

2

Ingredient notes



Chemical families

monoterpenes	72.63%
monoterpenols	14.56%
ethers	7.54%
sesquiterpenes	0.64%
phenols	0.19%

Complete chemical breakdown

monoterpenes

sabinene	22.15%
α -pinene	12.66%
β -pinene	10.12%
γ -terpinene	5.67%
p-cymene	4.26%
d-limonene	4.23%
α -terpinene	3.15%
β -phellandrene	2.63%
β -myrcene	2.22%
terpinolene	2.1%
α -thuyene	1.47%
d-3-carene	1.23%

monoterpenols

terpinen-4-ol	11.85%
α -terpineol	1.27%
trans-p-menth-2-en-1-ol	0.39%
trans-thujanol	0.32%
cis-p-menth-2-en-1-ol	0.26%
cis-thujanol	0.26%
linalool	0.21%

α -phellandrene 0.74%

ethers

myristicin 3.9%

elemicin 1.8%

safrole 1.36%

methyl eugenol 0.48%

phenols

eugenol 0.19%

sesquiterpenes

β -caryophyllene 0.35%

α -copaene 0.29%
