

Nutmeg

MYRTISTICA FRAGRANS

Nutmeg essential oil is derived from an evergreen tree that produces a fleshy red fruit. The exterior husk is dried to produce Mace Essential oil, while the seeds are used to produce Nutmeg Essential Oil. The colorless pale yellow liquid is most useful as a digestive tonic. It has been a culinary staple dating back to Ancient China and was commonly used in Britain by the 8th century. Today it is used by both the food and cosmetics industries.

COUNTRY OF ORIGIN

Indonesia, Sri Lanka

EXTRACTION METHOD

Steam Distillation

PLANT PART

Seeds

BOTANICAL FAMILY

Myrtaceae

CHEMICAL FAMILY

Monoterpenes, Monoterpenols, Esthers

AROMA

Exotic and Sensual, Spicy, Warm and Radiant

NOTE

Middle

SAFETY

- Skin Irritation

If used in large amounts, Nutmeg Essential Oil can cause toxic symptoms such as nausea and tachycardia. Avoid use during pregnancy. The use of the oil on the skin is considered safe at low dilutions (1%). Nutmeg can irritate the skin when oxidized, and also if used in higher dilutions, as it is a hot oil.

THERAPEUTIC PROPERTIES

Nutmeg Essential Oil has found its place as digestive support and helps to reduce gas and aid with diarrhea and nausea. It has also been instrumental in easing swollen joints and muscles, and it also helps to ease the pain of arthritis and rheumatism.

ANTIDEPRESSANT	ANTI-INFLAMMATORY	ANTIFUNGAL
ANTISEPTIC	COOLING	ANTIRHEUMATIC
ANTISPASMODIC	HYPOTENSIVE	DIGESTIVE AID
APHRODISIAC	SKIN HEALING	RUBEFACIENT
CIRCULATORY STIMULANT	ANALGESIC	SEDATIVE
NERVINE	ANTIOXIDANT	WARMING
SEDATIVE	ANTIBACTERIAL	
TONIC	ANTIDEPRESSANT	

BODY SYSTEMS

CIRCULATORY

LOWER BLOOD PRESSURE & PALPITATIONS

DIGESTIVE

IRRITABLE BOWEL SYNDROME & CROHN'S DISEASE

INTEGUMENTARY

OILY & DRY SKIN, INSECT BITES, ACNE & WOUNDS

LIMBIC

ANXIETY & DEPRESSION

MUSCULAR

MUSCLE SPASMS & TENSE MUSCLES



BODY SYSTEMS (CONT.)

REPRODUCTIVE

PMS & MENOPAUSE

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