



Name	Latin Name	Origin
Black Pepper	Piper Nigrum	Madagascar
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$23.36	
Part of plant	Safety note	Conservation Status
Dried fruit	The hot and spicy nature of this oil may cause skin irritation. Use in 1% dilution when applying to the skin in massage oils. Not recommended for use in baths. Store well, as the limonene and alpha-pinene content leaves it vulnerable to oxidizing. Once oxidized, it is even more likely to cause serious skin irritation or sensitization.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Monoterpene Rich 	<ul style="list-style-type: none"> • Analgesic • Anti-cancer • Anti-inflammatory • Antibacterial • Antiemetic • Digestive stimulant • Expectorant • Febrifuge • Rubefacient • Vasodilator • Warming • Stimulates circulation, creating warmth. • Helps maintain normal body temperature. • It may also help promote a healthy .appetite and is supportive to the digestive system. • Eases stomach upset and/or nausea. • Helps to discharge phlegm and mucous from the lungs and throat and encourages good circulation. • Reduce minor pain and inflammation . • Emotionally supportive for mental fatigue, low energy, and situational depression. • Helps reduce fears and motivate change, when change is needed.

Synergy	Energetics
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The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.

1st component synergy

□-Caryophyllene, d-limonene (analgesic, anaesthetic - local, antibacterial, antibiofilm, anti-inflammatory, antihypotensive, antinociceptive, antiobesity, antioxidant, antitumoral, antiviral, anxiolytic, cardioprotective - anti-atherosclerosis, hepatoprotective, immunomodulatory, neuroprotective, skin penetration enhancer, stimulant of autophagy, vasorelaxant).

1st essential oil synergy combinations

□-Caryophyllene, d-limonene (analgesic, anaesthetic - local, antibacterial, antibiofilm, anti-inflammatory, antihypotensive, antinociceptive, antiobesity, antioxidant, antitumoral, antiviral, anxiolytic, cardioprotective - anti-atherosclerosis, hepatoprotective, immunomodulatory, neuroprotective, skin penetration enhancer, stimulant of autophagy, vasorelaxant).

2nd essential oil synergy combinations

combava peel, grapefruit, lavender, lime, mandarin, sweet orange, sugandha, yuzu.

2nd component synergy

□-Pinene, □-3-carene, □-pinene, sabinene (antibacterial, antifungal, antidermatophytic, anti-inflammatory, antinociceptive, antioxidant, mucolytic, cholinesterase inhibitor).

1st essential oil synergy combinations

□-Pinene, □-3-carene, □-pinene, sabinene (antibacterial, antifungal, antidermatophytic, anti-inflammatory, antinociceptive, antioxidant, mucolytic, cholinesterase inhibitor) .

2nd essential oil synergy combinations

bergamot, cypress, nutmeg, plai, ravintsara.

Potential psychological therapeutic solutions

Anxiety with fatigue: basil, black spruce, combava peel, dwarf pine, grapefruit, hemlock, juniperberry, lemon, rosemary

Stress and anxiety: bergamot, dwarf pine, frankincense, lime, mandarin, sweet orange, ylang ylang, yuzu, white spruce, .

Potential physical therapeutic solutions

Pain, and tension, rheumatism: balsam copaiba, basil ct linalool, bergamot, black spruce, cannabis, cananga, clove bud, coriander seed, cypress, galbanum, juniperberry, lavender, lemon, nutmeg, plai, rosemary, sweet marjoram, sugandha, ylang ylang, yuzu

Poor circulation: clove bud, galbanum, juniperberry, rosemary, ylang ylang

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon

Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Energetics

Represents abundance and was a valid form of trade “black money” Black Pepper is grounding & strengthening & is said to boost courage & confidence. Stimulating & energising it moves stagnant energy.

Energy

Warm to hot

Five Element Affinity

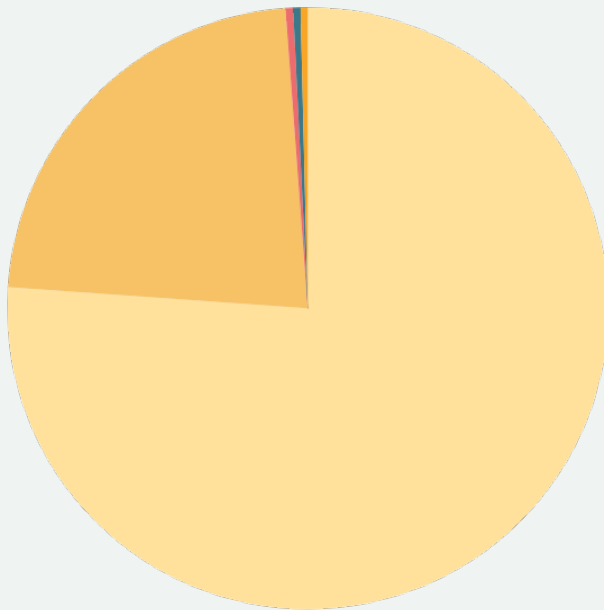
Water, Earth, Metal

References

(Holmes, 2016, p. 127)

Scent Notes	Psychological rankings	Physical rankings		
Middle	Sensual	1	Circulatory/Lymphatic 3	
	Energising	3	Digestive 2	
				Muscular/Skeletal 3
				Respiratory 1

Ingredient notes



Chemical families

monoterpenes	73.36%
sesquiterpenes	21.87%
sesquiterpenols	0.39%
oxides	0.38%
monoterpenols	0.37%

Complete chemical breakdown

monoterpenes

d-limonene	21.41%
d-3-carene	15.48%
α -pinene	14.8%
β -pinene	14.28%
α -phellandrene	2.74%
β -myrcene	2.44%
terpinolene	0.58%
p-cymene	0.52%
camphene	0.42%
sabinene	0.25%
trans- β -ocimene	0.23%
isoterpinolene	0.21%

sesquiterpenes

β -caryophyllene	14.28%
germacrene d	1.77%
elemene	1.65%
α -humulene	1.02%
α -selinene	0.85%
β -elemene	0.84%
α -muurolene	0.63%
β -selinene	0.63%
α -guaiene	0.2%

sesquiterpenols

isospathulenol	0.39%
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monoterpenols

linalool	0.24%
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α -terpineol	0.13%
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oxides

caryophyllene epoxide	0.38%
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