



Name	Latin Name	Origin
Cardamom	Elettaria cardamomum	Madagascar
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$27	
Part of plant	Safety note	Conservation Status
Seeds	<ul style="list-style-type: none"> • The 1.8 cineole content may cause dry skin if used often. If you're using it often on the skin, such as in a bath or massage oils, use in a low dilution. • The hot and spicy nature can cause skin irritation if not diluted. • Cardamom essential oil should not be used with children under 5 years old, as 1.8 cineole can also cause central nervous system and breathing problems in young children. Use with caution on children between 5-10 years old. 	<p>No status of concern</p> <p>Not listed with a conservation status.</p>
Profile	Therapeutic Properties	
<ul style="list-style-type: none"> • Ester and oxide rich 	<ul style="list-style-type: none"> • Analgesic • Antioxidant • Anti-inflammatory • Cephalic • Decongestant • Digestive Aid • Expectorant • Rubefacient • Warming • A digestive aid relieving gas, nausea, heartburn and diarrhoea. • Aids mental concentration . • Helps to alleviate nausea, use on a tissue and inhale, or make the suggested cream and apply to the abdomen. • Reduces cramps, congested conditions in the respiratory and digestive systems. • When suffering from cold or flu, use to ease chest and head pain caused by tightness and congestion. • Fortifies the immune system. • Emotionally it invites mental clarity and balance, especially during a situation where one might be worrying excessively. 	

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

1,8-cineole, α -terpinyl acetate (anaesthetic - local, analgesic, anti-inflammatory, antinociceptive, antiviral, bacteriostatic, cognitive performance enhancer, colon-protective, cooling, gastroprotective, relaxant, vasorelaxant).

1st essential oil synergy combinations

cajuput, eucalyptus species (cineole-rich), Eucalyptus radiata, galangal, Greek sage, ho leaf ct cineole, myrtle, niaouli CT cineole, ravintsara.

2nd essential oil synergy combinations

cypress, fragonia, hyssop ct linalool, laurel leaf, rosalina, Sardinian sage, Spanish sage, Thymus serpyllum CT terpinyl acetate, tulsi .

2nd component synergy

d-Limonene, l-linalool, α -terpineol, sabinene (analgesic, antibacterial, antifungal/antidermatophytic, antihypertensive, anti-inflammatory, antinociceptive, antiobesity, antioxidant, antispasmodic, antitumoral, antiviral, anxiolytic, cholinesterase inhibitor, gastroprotective, hepatoprotective, immunostimulant, neuroprotective, sedative, skin penetration enhancer, stimulant of autophagy, vasorelaxant, wound healing).

1st essential oil synergy combinations

ho leaf ct linalool, lavender, lemon, lime, mandarin, spike lavender, plai, rosewood, sweet orange.

2nd essential oil synergy combinations

bergamot mint, black pepper, combava peel, ghandi root, juniperberry, neroli, nutmeg, orange blossom abs., rosemary, thyme .

Potential psychological therapeutic solutions

Anxiety with fatigue: bergamot mint, black pepper, combava peel, galangal, lime, jasmine, mandarin, neroli, rose abs., rosewood, sandalwood, ylang ylang
 Mediation/inner peace/wellbeing: black pepper, cinnamon leaf, clove bud, nutmeg, orange blossom abs., rose abs., turmeric, ylang ylang .

Potential physical therapeutic solutions

Digestive support: black pepper, bitter orange, cinnamon leaf, clove bud, coriander seed, ginger, galangal, mandarin, sweet orange, turmeric
 Musculoskeletal pain/inflammation: bergamot mint, black pepper, combava peel, galangal, ghandi root, ginger, ho leaf ct cineol, juniperberry, nutmeg, plai, rosemary, rosewood, spike lavender, tulsi, ylang ylang

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
 Tisserand R, Young R. (2014) Essential Oil Safety 2nd

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

Ingredient notes

Chemical families

esters	41.3%
oxides	37.5%
monoterpenes	9.6%
monoterpenols	8.8%
sesquiterpenols	0.4%

Complete chemical breakdown

esters

terpinyl acetate	37.3%
linalyl acetate	4%

monoterpenes

sabinene	3.7%
limonene	2.5%
myrcene	1.9%
α -pinene	1.5%

sesquiterpenols

nerolidol	0.4%
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oxides

1,8 cineole	37.5%
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monoterpenols

linalool	5.5%
terpinen-4-ol	2.6%
geraniol	0.7%