

CARDAMOM

Elettaria cardamomum

Cardamom is a member of the ginger family of botanical plants, and has historical uses that include consumption to protect the stomach and inhalation to invigorate the mind.

**DIURETIC,
ANTIMICROBIAL,
ANTISPASMODIC**

Cardamom has also been used traditionally to alleviate mental fatigue and nervous strain.

Cardamom oil is highly effective in curing muscular and respiratory spasms, thereby giving relief from muscle pulls and cramps, asthma, and whooping cough.

If used as a mouth wash, by adding few drops of this oil in water, it disinfects the oral cavity of all germs and eliminates bad breath. It can also be added to drinking water to kill the germs contained there.

Cardamom boosts digestion by stimulating the whole digestive system. It is stomachic in nature, which means that it keeps the stomach healthy and functioning properly. It helps maintain the proper secretion of gastric juices, acids, and bile in the stomach while protecting the stomach from infections.

Cardamom oil helps to neutralize the effects of tobacco, insect bites and even the ingestion of mild poisons. Furthermore, it can clear the bowels, cure colic, remove bad breath, heal oral infections, and alleviate the pain of toothaches.

daily uses

BATH

- Add 5-6 drops to 1/2 cup Pink Himalayan or Dead Sea salts and stir into warm water for a refreshing, stimulating bath.
- Use 5-6 drops in 1/4 cup Pink Himalayan or Dead Sea salts for a soothing foot bath.

DIFFUSION

- Diffuse 10 to 20 drops for up to 15 minutes every hour to ease congestion, lift & support mood and emotional balance, or aid focus and concentration.

INHALATION

- Inhale a drop or two from a tissue or cotton ball as needed.

MASSAGE

- Dilute 2 drops per 1 teaspoon carrier or massage oil and massage into back or chest for respiratory relief.

TOPICAL

- May be used for a chest and back rub when mixed with carrier or massage oil.

RESPONSIBLE CAUTIONS

- Not for use during the first trimester of pregnancy.
- May cause skin irritation, so dilution is always recommended.



Essential Singles

attributes

PRODUCING ORGAN
Seed

EXTRACTION
Steam distillation

COUNTRY OF ORIGIN
Sri Lanka

PROPERTIES
Antispasmodic, antimicrobial, antiseptic, digestive, stomachic, diuretic, aphrodisiac, stimulant.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

