

Nutmeg

myristica fragrans 10ml

Nutmeg Essential Oil is a powerful anti-inflammatory useful in supporting the body with arthritis, rheumatism, and other muscular or joint pains. Its potent medicinal properties are also helpful for stress, menstrual cramps, heart disorders, low blood pressure, coughs, and halitosis (bad breath).*

Nutmeg is widely used as a natural flavoring in baked goods, syrups, beverages, and sweets. Frequently, Nutmeg essential oil is used to replace ground nutmeg, as it leaves no particles in food products. It is also used in toothpastes and as a major ingredient in some commercial cough syrup formulas.*

In traditional Chinese medicine, Nutmeg is used for disorders related to both the nervous and digestive systems. Its digestive properties make it helpful for indigestion, flatulence, vomiting, and diarrhea, and its stimulant properties make it a good choice for those who need to increase appetite.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 10 minutes per hour throughout the day to impart a warm, spicy aroma that energizes and lifts the moods.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply as needed for an energizing boost.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and add to a warm tub of water to alleviate fatigue and revive mood.*

topical

- **Massage:** Mix 5 to 6 drops in two ounces of carrier oil and use for a massage to relieve joint pain, muscle cramps, and menstrual tension.*

topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 4

Never recommended for children or while pregnant or nursing.

properties

Wildcrafted

Producing Organ: Seeds

Extraction: Steam Distillation

Country of Origin: Indonesia

Main Chemical Constituents: Monoterpene hydrocarbons, camphene, pinene

Therapeutic Properties: Analgesic, anti-emetic, anti-oxidant, antirheumatic, antiseptic, antispasmodic, aphrodisiac, carminative, digestive, emmenagogue, gastric secretory stimulant, larvicidal, orexigenic, prostaglandin inhibitor, stimulant, tonic

responsible cautions

- Patch-test diluted oil before topical application.
- Not for use during pregnancy.
- Not for use by those with epilepsy.
- Not recommended for use in children under 10 years of age.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*