

Cardamom

elettaria cardamomum 5ml

Cardamom is a member of the ginger family, and has historical uses that include consumption to protect the stomach and inhalation to invigorate the mind. Cardamom has also been used traditionally to alleviate mental fatigue and nervous strain.*

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

Cardamom oil can help to neutralize the effects of tobacco, insect bites, and even the ingestion of mild poisons. Furthermore, it can clear the bowels, assist with the symptoms of colic, fight bad breath, heal oral infections, and help alleviate the pain of toothaches.*

uses

aromatic

- **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:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale to create feelings of peace and to ease congestion.*

bath

- **Bath:** Combine 5 to 10 drops with ½ to 1 cup of Pink Himalayan or Dead Sea bath salts and add to warm water for a refreshing, stimulating bath.*

topical

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

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

properties

Wildcrafted

Producing Organ: Seed

Extraction: Steam Distillation

Country of Origin: Sri Lanka

Main Chemical Constituents: Terpinyl acetate, cineol, limonene

Therapeutic Properties: Antiseptic, antispasmodic, aphrodisiac, carminative, cephalic, digestive, diuretic, sialagogue, stimulant, stomachic, tonic (nerve)

responsible cautions

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

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