

Spikenard

nardostachys jatamansi 5ml

Spikenard is native to India and Nepal and is distilled from the root of the plant. It was used by Roman perfumers and has a well-known Biblical history, having been mentioned in the Song Of Solomon and with Mary Magdalene who used it to anoint Christ's feet before the Last Supper.*

Regarded as a calming, sedative, stabilizing oil, Spikenard's action regulates the nervous system and the heart. With its warm and earthy aroma, it also helps soothe the deepest forms of anxiety, nervous indigestion, migraines, stress, and overall tension. Like Myrrh, Spikenard can instill a profound sense of peace.*

Spikenard can also be supportive in relief from rashes, allergic skin reactions, and can soothe, nourish, and regenerate mature skin. It is one of the few essential oils that helps relieve dandruff.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser for 15 minutes per hour throughout the day to create a calming environment.*
- **Inhalation:** Apply 2 drops on hands, rub, and inhale deeply as needed to relieve panic attacks or tension.*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray as desired.*

topical

- **Shampoo:** Add 5 drops per ounce of organic shampoo to treat dandruff.*
- **Massage:** Add 2 to 3 drops per tablespoon of carrier oil, rub on the feet, back of the neck, or as desired to enhance relaxation.*
- **Massage:** To restore calm after shock, grief, or a panic attack, mix 4 drops Spikenard, 8 drops Rose, and 4 drops Myrrh in 1 tablespoon of carrier oil. Apply 1-2 drops of this blend to temples, back of neck, forehead, and upper chest.*
- **Massage:** To calm irregular heartbeat, mix 4 drops Spikenard, 4 drops Helichrysum, and 8 drops Neroli with 1 teaspoon of carrier oil, and apply 4 to 6 drops over the heart area using circular strokes.*
- **Massage:** For eczema, psoriasis, or athlete's foot, mix 4 drops Spikenard, 4 drops Helichrysum, and 2 drops Rose Geranium in 1 teaspoon of carrier oil and apply to affected areas.*

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 • 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: Root

Extraction: Steam Distillation

Country of Origin: Nepal

Main Chemical Constituents: Bornyl acetate, isobornyl, valerianate

Therapeutic Properties: Anti-inflammatory, antipyretic, bactericidal, deodorant, fungicidal, laxative, sedative, tonic

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- 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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