

Product Summary

Nutmeg essential oil is a warming and spicy oil extracted from the fruit and seeds by steam distillation. Nutmeg has been considered a valuable culinary spice in Europe since the Middle Ages, famed for its flavour and preservatives qualities.

The fragrance of Nutmeg oil is sharp with a slight musky note and has become popular in perfumery. Nutmeg has a long tradition of topical support for seasonal aches and pains, especially when combined with massage or a hot bath.

Aromatically, this oil stirs the senses and helps to relax the body and mind. Nutmeg has been used to ensure a peaceful and full night's sleep.

Primary Benefits

- Supports energy levels
- Encourages relaxation
- Topical support for seasonal aches and pains

Suggested Use

Dilute 1 drop with 1 drop of V-6™ or olive oil.

Then apply to desired area as needed.

Aromatic: Diffuse up to 30 minutes three times daily.

Cautions

Possible skin sensitivity. Keep out of reach of children.

If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use.



Ingredients

Myristica fragrans Essential Oil.

Goes well with

- Clove Essential Oil
- Cinnamon Bark Essential Oil
- Black Pepper Essential Oil
- Peppermint Essential Oil

Did You Know?

- In Elizabethan times nutmeg was considered to ward off the Plague
- Nutmeg is a key component of EndoFlex, Magnify Your Purpose and En-R-Gee Essential Oil blends