

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Allspice Leaf Essential Oil

Botanical Name: *Pimenta dioica* (Myrtaceae)

Plant Part: Leaves & Fruit

Extraction Method: Steam Distilled

Origin: Jamaica

Color: Yellow/Brown

Consistency: Medium

Note: Middle

Strength of Aroma: Medium

Aromatic Scent: Allspice is said to have a “warming” scent, fresh and spicy.

Blends with: Ginger, Geranium, Lavender, Orange, Patchouli, and Ylang-ylang.

Common Uses

Arthritis, muscle tone, stiffness, rheumatism, muscular and gastric cramps, indigestion, nausea, depression, nervous tension/exhaustion, neuralgia, coughs, bronchitis. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 60-65, 194.]

Cautions

Numerous sources indicate that Allspice Oil can act as a mucous membrane irritant. Tisserand and Young recommend a dermal maximum of 0.15%. They indicate that it may interfere with blood clotting.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

