

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Cardamom Essential Oil

Botanical Name: *Elettaria cardamomum*

Plant Part: Seeds

Extraction Method: Steam Distilled

Origin: India

Color: Colorless to very pale yellow clear liquid

Consistency: Thin

Note: Top

Strength of Aroma: Strong

Aromatic Scent: Cardamom Essential Oil is sweet, spicy and almost balsamic in fragrance

Blends With: Rose, Orange, Bergamot, Cinnamon Bark, Clove Bud, Caraway and Cedarwood.

Common Uses

Appetite (loss of), colic, fatigue, halitosis, stress. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 63-67.]

Cautions:

Non-toxic, non-irritant and non-sensitizing. Tisserand and Young indicate that due to its 1,8 cineole content, Cardamon Oil may cause CNS and breathing problems in young children. They caution against using Cardamon Oil on or near the face of infants and children. Avoid use on Children under age 6.

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.

