

## Nutmeg Essential Oil

Botanical Name: *Myristica fragrans*

Plant Part: Seeds

Processing Method: Steam Distilled

Origin: India

Color: Colorless to pale yellow liquid.

Consistency: Thin

Note: Middle

Strength of Aroma: Medium

Aromatic Scent: Nutmeg Essential Oil has a rich, spicy, sweet, woody scent. It is similar to the cooking spice, but richer and more fragrant.

Blends well with: Balsam of Peru, Bergamot, Black Pepper, Clary Sage, Cistus, Clove and other spice oils, Cypress, Frankincense, Galbanum, Geranium, Labdanum, Laurel Leaf, Lavandin, Lavender, Lemon, Lime, Melissa, Nagarmotha, Oakmoss, Orange, Patchouli, Petitgrain, Rosemary, Sandalwood, Tonka Bean, and Vetiver.

Common uses:

Arthritis, constipation, fatigue, muscle aches, nausea, neuralgia, poor circulation, rheumatism, slow digestion. Nutmeg essential oil is also known to be an aphrodisiac

Cautions:

Tisserand and Young warn that Nutmeg Essential Oil is potentially carcinogenic due to the presence of safrole and methyl eugenol and can be debilitating or psychotropic in high doses. They recommend a dermal maximum of 0.8% for East Indian and 5% for West Indian Nutmeg Oils. If used in large amounts. Nutmeg Essential Oil can cause toxic symptoms such as nausea and tachycardia. Avoid use during pregnancy due to the myristicin content; this compound "has been shown to cross the placenta causing an increase in the fetal heartbeat.

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.

