

## Cardamom Essential Oil



### DESCRIPTION

Cardamom oil is extracted from a seed grown on an oblong grey pod fruit produced on the cardamom plant. It is known to be used in ancient times for stomach problems including constipation, nausea, gas, and heartburn. It has been used by Egyptians in perfumes and incense as well as being ground in coffee by Arabs.

### DETAILS

Origin: India

Plant part: Seeds

Botanical Name: *Elettaria cardamomum*

Extraction method: Steam Distilled

Blends With: [Orange](#), [Bergamot](#), [Cinnamon Bark](#), [Clove Bud](#), and [Cedarwood](#).

Aroma: A member of the ginger family, it has a sweet, spicy, almost woody fragrance. The overall aroma is very bold and distinctive.

## **THERAPEUTIC PROPERTIES**

Analgesic, anti-bacterial, anti-infectious, anti-inflammatory, anti-parasitic, anti-septic, anti-spasmodic, aphrodisiac, camphorous, carminative, cephalic, digestive, diuretic, expectorant, stimulant, and stomachic.

## **REPORTS**

You can find the GC-MS quality report for our Cardamom essential oil by [clicking here](#).

## **SAFETY, STORAGE AND SHELF LIFE**

**Safety:** Proper dilution should be followed. It may cause skin irritation in some individuals. A small skin test is recommended prior to using this [essential oil](#). Avoid contact with eyes.

**Storage:** Always store out of direct sunlight and away from heat. If possible store in refrigeration for extended life.

**Shelf Life:** 36 Months

We have some additional information about [essential oil storage](#) on our blog.

## **ADDITIONAL INFORMATION**

**Bottling:** Our 5ml, 10ml and 15ml bottles come with euro dropper tops. Our 30ml and 60ml bottles will come with a traditional top and a complimentary dropper with a measured glass pipette for easy measuring. The complimentary dropper should not be used while storing the essential oil.

**More info:** We have some information on our blog about our Cardamom essential oil. [Click here](#) to read the "4 Great Uses for Cardamom Essential Oil"