

Nutmeg Essential Oil



DESCRIPTION

Nutmeg is extracted from the seed within a red fruit that is produced on an evergreen tree. This fruit is dried and stripped of the red flesh which then creates another substance, mace. The seed left over is the nutmeg that is then used either left whole or ground to be used for culinary purposes, or is distilled into its oil form. Nutmeg oil has been known to be used in traditional medicine to help aid in digestive issues as well as nervous system disorders. Today it is also used in the pharmaceutical industry in toothpastes and some cough syrups.

DETAILS

Origin: India

Plant part: Seeds

Botanical Name: *Myristica fragrans*

Extraction method: Steam Distilled

Blends With: [Lavender](#), [Clary Sage](#), [Geranium](#), [Rosemary](#), [Orange](#), [Black Pepper](#), and other [spice oils](#).

Aroma: Has a soft, spicy, and woody aroma with a slightly musky note that is warm and nutty.

THERAPEUTIC PROPERTIES

Analgesic, anti-bacterial, anti-rheumatic, anti-septic, anti-spasmodic, carminative, circulatory stimulant, deodorant, digestive, emmenagogue, neurotonic, parasiticide, psychoactive, stimulant, and uterotonic.

REPORTS

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

SAFETY, STORAGE AND SHELF LIFE

Safety: Proper dilution should be followed. Dilute to 1% if using topically. It may cause adverse reactions such as nausea and tachycardia due to methyleugenol and safrole content. A small skin test is recommended prior to use. 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: 24 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.