

# Allspice Essential Oil



## Product Details

**Botanical Name:** *Pimenta officinalis*

**Country of Origin:** Jamaica

**Extraction Process:** Steam Distilled

**Part of the Plant Used:** Berry



**Description:** Allspice Essential Oil has a warm, spicy aroma similar to Clove and Cinnamon. This plant is well known in Jamaica, being used as a spice for most of their foods. They take the unripe berries, dry them out, then grind them up to fine powder to be used as a spice. The name Allspice comes from the term “all of the spices”, because when tasted as an herb it tastes like a mix of Clove, Nutmeg, and Cinnamon. This warm, soothing oil is perfect for meditation and relaxation and is an ideal essential oil to diffuse during the Fall and Winter.

**Common Uses & Benefits:** Allspice has been traditionally applied to help with digestive issues, stomach ache, vomiting, indigestion, diarrhea, coughs, bronchitis, aches, pain, and tension. When diffused, Allspice can be very grounding and help to ease feelings of depression.

**Therapeutic Properties:** Antiviral, Antispasmodic, Calmative, Antibacterial, Analgesic, Muscle Relaxant.

**Directions:** Recommended to properly blend in a carrier oil prior to topical applications. We recommend a dilution no greater than 0.3%. Patch test before use in case of sensitivity.

### Blends Well With:

Cinnamon, Clove, Geranium, Patchouli, Sweet Orange, Laurel Leaf, and Black Pepper.

Cautions: Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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