Cardamom Essential Oil

Product Details

Botanical Name: *Elettaria cardamomum*
Country of Origin: Guatemala
Extraction Process: Steam Distilled
Part of the Plant Used: Seeds

Description: Cardamom Essential Oil has a light, fresh, crisp aroma. Cardamom is one of the priciest spices in the world. It has been used for centuries in, culinary cuisines popular in India and Malaysia, to medicinal uses all over Asia, Australia, and the UK. Cardamom essential oil has been commonly used in aromatherapy to treat colds, flu like symptoms, and even chronic pain. The scent of Cardamom essential oil is similar to that of Ginger, however just a bit more spicy. With this unique scent it also makes for an amazing oil to diffuse in any diffuser blend for the holiday or for peace and tranquility.

Common Uses & Benefits: Cardamom has been traditionally applied to help Indigestion, Intestinal cramps, dyspepsia, nausea, gastric migraine, constipation, IBS, colitis, Crohn’s disease, muscular cramps and strains, muscular spasms, bronchial congestion, exhaustion, and mental fatigue.

Therapeutic Properties: Analgesic, Anti-inflammatory, Antispasmodic, Calmative, Carminative, Nervine, Stomachic.

Directions: Recommended to properly blend in a carrier oil prior to topical applications. Patch test before use in case of sensitivity.

Blends Well With: Camphor, Niaouli, Peppermint, Lavender, Fennel, Laurel Leaf.

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.

Barefut Essential Oils is owned and operated by Certified Aromatherapists www.Barefut.com