



Nutmeg Essential Oil

Not just for your favorite fall recipes: Nutmeg is a wellness wonder. Nutmeg (India) Essential Oil is extracted from the seeds of the *Myristica fragrans* tree, a tall evergreen found in India. Known for a sweet, warming, and spicy fragrance, this oil has been used for centuries to soothe and balance.

Once favored by ancient healers like Hildegard of Bingen, Nutmeg Oil's calming and soothing qualities are as relevant today as they were hundreds of years ago. Modern wellness seekers rely on it to boost skin health, ease muscle tension, improve scalp health, and create a serene environment. Nutmeg Essential Oil blends tradition with today's beauty and wellness needs, making it a must-have in your natural care routine.

Botanical Name: *Myristica fragrans*

Plant Part: Seeds

Main Constituents: Sabinene: 14–32%, Myristicin: 1.8–3.2%

Origin: India

Processing Method: Steam Distilled

Color/Consistency: A thin, colorless to pale yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note with a medium aroma, Nutmeg Essential Oil carries a soft, spicy, woody fragrance with a slightly musky undertone.

Blends Well With: Lavender, Clary Sage, Geranium, Rosemary, Petitgrain, Orange, and other spice oils.

BENEFITS

Spicy, Soothing, Energizing: Nutmeg (India) Essential Oil delivers the perfect blend of warming and energizing effects. Its spicy, woody, and musky aroma soothes your senses while clearing the mind—like a cozy hug in a bottle.

Aromatherapy for the Soul: Nutmeg's balancing aroma calms and uplifts, helping to bring forth an atmosphere of tranquility and emotional balance. Whether you need to unwind after a busy day or focus on a new project, Nutmeg Oil clears your mind and lifts your spirit.

A Classic in the Wellness World: Nutmeg's soothing properties have been cherished for centuries. It's a trusted remedy for easing muscle tension, relieving stress, and promoting restful sleep, all while filling your space with a comforting, warm scent.

Rich in Skin-Loving Properties: Packed with antioxidants, Nutmeg Essential Oil helps protect skin from free radicals, maintaining a healthy-looking complexion and a radiant glow.

Enhances Hair Health and Shine: Known for scalp-stimulating properties, Nutmeg Oil supports a healthier scalp, promoting shinier, more manageable hair.

DIRECTIONS AND USES

- Melt-Away Muscle Tension: For targeted relief, dilute 1-2% of Nutmeg Essential Oil with a carrier oil and massage it into areas of tension. The warming, soothing properties help ease muscle discomfort and promote relaxation.
- Nourish & Revive Your Scalp: Add 1-2% of Nutmeg Essential Oil to your shampoo or conditioner for a revitalizing scalp treatment. For a deeply nourishing hair mask, mix 2-3% of Nutmeg with 1 tbsp coconut oil, massage into the scalp, and leave for 15-20 minutes before washing out.
- Cozy Up Any Room: Combine 5-6% of Nutmeg Essential Oil with water in a spray bottle and spritz around your home or workspace to instantly refresh your surroundings with a warm, spicy aroma.
- Glow & Revitalize Your Skin: Add 2-3 drops of Nutmeg Essential Oil to your favorite moisturizer or carrier oil. Gently massage onto cleansed skin for a revitalizing, antioxidant-rich boost that leaves your complexion glowing.
- Inhale Tranquility: Reap an abundance of aromatherapeutic benefits by adding 5-6 drops of Nutmeg Essential Oil to your diffuser. Allow this sweet and spicy aroma to create a serene ambiance and support your relaxation and emotional balance.
- Warm, Invigorating Bath Rituals: Add 3-4% of Nutmeg Essential Oil to your bath for a rejuvenating soak that relaxes muscles, clears your mind, and leaves you feeling refreshed and balanced.

Size & Price: Contact Us