



## Spikenard Essential Oil

Spikenard Essential Oil is a prized aromatic herb with a rich history dating back to ancient Egypt and biblical times. Native to the mountainous regions of Northern India, China, and Japan, this versatile oil, also known as Nard and Musk Root, has been cherished for its captivating fragrance and myriad of uses. Historically, Spikenard was commonly used for its aromatic and medicinal properties and was even mentioned in ancient religious and literary texts. Today, Spikenard Essential Oil is a popular choice for aromatherapy, skincare, and massage therapy due to its potential anti-inflammatory and antibacterial properties.

Botanical Name: *Nardostachys jatamansi*

Plant Part: Root

Main Constituents:  $\beta$ -Gurjunene: 5%, Seychellene: 4.2%, Spathulenol: 2.4%, Patchouli Alcohol: 2.5%, Maaliol: 2%

Origin: Nepal

Extraction Method: Steam Distilled

Color / Consistency: A slightly viscous golden yellow to greenish liquid.

Aromatic Scent: A base note with a strong aroma, Spikenard Essential Oil has a harsh, earthy, woody smell that is slightly musty.

Blends Well With: Lavender, Patchouli, Pine, Vetiver, and Spice Oils.

## **BENEFITS**

**A Staple in Perfumery:** Spikenard Essential Oil has a strong and distinctive aroma, characterized by its rich, earthy, and woody notes. It is often used as a base note in perfumery and fragrance blends.

**A Natural Skin Cleanser:** As a skin care ingredient, Spikenard Essential Oil can help combat bacteria and reduce the appearance and severity of issues such as acne.

**Soothes Dry, Irritated Skin:** Spikenard is versatile and can help moisturize and rejuvenate the skin by targeting dryness. Suitable for sensitive skin types.

**Relaxes Aches and Soreness:** Spikenard Oil's soothing properties may help alleviate muscle tension, stiffness, and fatigue, promoting physical and mental relaxation during massage sessions.

## **DIRECTIONS AND USES**

- **Relax and Unwind:** Add 3-5 drops of Spikenard Essential Oil to a diffuser to create a grounding and calming atmosphere.
- **Rejuvenating Massage:** Dilute Spikenard Essential Oil with a carrier oil and apply to the skin to promote relaxation and alleviate muscle tension.
- **Soothing Face Serum:** Add a few drops of Spikenard Essential Oil to a carrier oil, such as jojoba or coconut oil, and apply to the skin to promote a clear and healthy complexion.
- **Effective Skin Care Ingredient:** Spikenard Essential Oil can also be added to facial cleansers, moisturizers, or homemade skincare products.

**Size & Price:** Contact Us