Clove Bud
_Eugenia Caryophyllata Essential Oil_

Clove is a very warm, strong oil that can ease respiratory problems as well as aid in digestion. It is an energizing oil that can stimulate the mind.

Size: 15ml
Size: 5ml

**APPLICATION METHODS:**
- Can be used topically
- Can be used internally
- Can be used aromatically

**Primary Benefits**
Aids in cleansing teeth and gums, relieves toothache and respiratory problems, strong antioxidant properties, aids in cardiovascular health.

**Directions for Use**

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

**Cautions**
Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

**Aromatic Description**
Very spicy, warm, strong, woody

**Collection Method**
Steam Distillation

**Plant Part**
Bud

**Main Constituents**
Eugenol

**Description**
Because of its chemical constituents, Clove is very effective as a warming massage oil and also contains strong antioxidant properties that can support cardiovascular health when taken internally. Clove is valuable for relieving respiratory problems and can also be used for acne, bruises, burns, and cuts. It is also an effective pain reliever. When used as a cooking spice, Clove adds a strong, spicy flavor to any dish. One drop can cleanse the teeth and gums while also aiding in fresh breath.

**Uses**
- Place a few drops on cotton ball in a linen cupboard to keep moths at bay
- Add one drop to toothpaste to clean teeth and gums
- Place one drop in two ounces of water and gargle for a soothing effect
- Diffuse to aid in dizziness and to help lift depression as well as fighting weakness
- Add to Spark Naturals Fractionated Coconut Oil to use as a massage oil to assist arthritis and toothache
- Take in veggie caps to support cardiovascular health

**Properties**
Analgesic, Anti-Infectious, Disinfectant, Stimulant and Antiseptic

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*