



BEHALE

'be strong & healthy'

Black Pepper Oil Organic

** 100% NOP Pure and Natural, Organically certified oil.
Not adulterated, not diluted, from one single plant source**

Latin Name:

Piper nigrum oil

Extraction:

Steam distillation of pepper pip / fruit

Oil Analysis and uses:

Black pepper is rich in d-limonene and B- caryophyllene. When rubbed on the skin, the oil gives a **warming sensation**, which has a soothing effect. A study shows that a neck rub composed of essential oils (including Black pepper) **improved neck pain** and the group reported higher pain tolerance (*). Be sure to **dilute** your Black pepper oil at 1% for skin applications. Black pepper oil blends well with oils like Basil, clary sage, sweet marjoram and can be made into an effective body rub. Black pepper is known to **reduce nausea** when inhaled for a few minutes. Black pepper oil gives a warm note to blends and will blend well with herbaceous and floral notes.

References (*) [The effectiveness of essential oils for patients with neck pain: a randomized controlled study.](#) Ou MC, Lee YF, Li CC, Wu SK.

Oil Description & Odour Profile:

Peppery, spicy and woody smell (middle note).

Blends well with:

Basil, Clary sage and Sweet Marjoram

Safety Information:

Black pepper oil may cause irritation to the skin. Not recommended to use in baths.