



Black Pepper Essential Oil



Botanical Name: *Piper nigrum*

Main Constituents:

β -Caryophyllene: 24.2%

d-3Carene: 14.2%

Plant Part: Dried Berries

Origin: India

Processing Method: Steam Distilled

Child Safe: Yes

Description / Color / Consistency: A thin colourless to pale greenish yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note with a medium aroma, Black Pepper Essential Oil has a sharp, spicy scent faintly reminiscent of Clove.

Product Abstract: This climbing woody vine uses trees or other supports to grow to about twenty feet high but is normally kept to about 12 feet for commercial purposes and has a lifespan of about twenty years. The word 'pepper' is derived from the Latin word piper, which was taken from the Sanskrit word *pippali*. It has been by the Greeks and Romans. The Turks levied a tax on pepper, while during the Middle Ages the Dutch, the French and the Portuguese often went to war to fight over this lucrative trade with the Far East.

Black Pepper Essential Oil Uses

Circulation: Black Pepper is warming and has vasodilatory actions, and so is one of the best oils for stimulating peripheral circulation. For this, it blends well with Lemongrass, Clove Bud, and Spike Lavender in massage oils and creams for local application.

Digestion: Black Pepper can be inhaled to reduce nausea. Just put a drop or two on a tissue and inhale for a few minutes. Add to cream and massage into the belly for constipation, gas and to support digestion. Use at a 1% dilution. Black Pepper works well with Cardamom for digestive support.

Immune: Great for the cold and flu season. Try adding a drop to a chest rub or foot massage oil to warm up the body and stimulate the immune system.

Musculoskeletal: Due to its analgesic, warming, and anti-inflammatory qualities, Black Pepper is great in sports massage oils for sore muscles, pain, and stiffness. It's also useful for rheumatic pain. Black Pepper works well with a variety of oils to alleviate aches and pains, including Lavender, Basil, Clary Sage, Sweet Marjoram, Rosemary, Geranium, and Juniper Berry.



Respiratory: Black Pepper would be good in a chest rub or massage oil to alleviate bronchial congestion (perhaps combined with Cardamom and Rose).

Smoking cessation: There is some evidence that supports the use of Black Pepper in smoking cessation. A randomized controlled trial evaluated the effects of inhaled Black Pepper essential oil, and it was found that it significantly reduced the craving for cigarettes (Kitikannakorn *et al.* 2013).

General Safety Information

Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.

Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).