



NUTMEG Essential Oil



Botanical Name: *Myristica fragrans*

Main Constituents:

Sabinene: 14 - 32%

Myristicin: 1.8 - 3.2%

Plant Part: Seeds

Origin: India

Processing Method: Steam Distilled

Child Safe: No

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

Aromatic Summary / Note / Strength of Aroma: A middle note of medium aroma, Nutmeg's scent is soft, spicy, and woody with a slightly musky note.

Major Constituents of East Indian Nutmeg Oil:

- Sabinene
- α -Pinene
- β -Pinene
- Myristicin
- Terpinene-4-ol
- Gamma-Terpinene
- Linalool
- (+)-Limonene
- α -Phellandrene
- α -Terpinene
- Safrole
- α -Thujene
- Methyleneol (reported for East Indian Nutmeg Oil)

Product Abstract: Nutmeg Essential Oil is derived from an evergreen tree capable of growing 20 meters in height. It produces a fleshy red fruit that is then dried. The exterior husk is dried and produces Mace, while the seeds produce Nutmeg. It has been prized as a culinary spice in ancient China, for embalming by the ancient Egyptians, and by the 8th century was commonly used in Britain. In the 12th century, Hildegard of Bingen cited it in her herbal, the first known textbook on the medicinal use of herbs. Today it is used by the food and cosmetics industries, as well as aromatherapists and naturopathic practitioners.



Steam distilled Nutmeg Essential Oil is a warming oil that when used judiciously, it is a wonderful essential oil for use in helping to ease digestive complaints as well as muscular aches and pains. A little goes a long way for all essential oils, but this especially holds true for Nutmeg Essential Oil. It primarily contains monoterpenes, but also contains approximately 10% ethers including myristicine and safrole as well as the phenol methyeugenol. Although it is helpful for digestive complaints, I find that it can make me feel nauseous if I do not use it ever so sparingly. See the Nutmeg Essential Oil Safety Information section below for additional safety information.

Emotionally, Nutmeg Essential Oil can be a very stimulating essential oil. I've found it to be especially helpful in supporting my motivation and focus during especially challenging times.

Emotional/Energetic Qualities

Nostradamus used Nutmeg to enter deep trances for prophetic visions
Invigorates and stimulates the mind
Can produce intense colorful dreams

Therapeutic Properties

Analgesic: Many of Nutmeg's components are noted for their analgesic and antinociceptive actions; some for their anti-inflammatory actions (Guimarães *et al.* 2013).

Anti-inflammatory: Myristicin has anti-inflammatory actions (de Cássia da Silveira e Sá *et al.* 2014). See also **analgesic**.

Antibacterial: Nutmegs components can vary but many of them have antibacterial activity—notably limonene, linalool, α -pinene and terpinen-4-ol (Lang and Buchbauer 2012).

Antidepressant: Nutmeg's warming, spicy and sweet aroma can be uplifting and many people have traditionally used it to relieve depression.

Antifungal: There is a strong possibility that sabinene, an important component of Nutmeg, has Antidermatophytic activity (Valente *et al.* 2013).

Antirheumatic: Nutmeg is analgesic, anti-inflammatory, and warming, which means it can be used to prevent or relieve chronic rheumatic pain and swelling.

Antispasmodic: See **digestive aid**.

Carminative: See **digestive aid**.

Circulatory stimulant: See **warming**.

Digestive aid: In traditional medicine, Nutmeg was used as a remedy for digestive disorders, appetite stimulation, flatulence, spasms, and vomiting.

Rubefacient: See **warming**.



Sedative: Some of Nutmeg's components (notably myristicin) have sedative effects. The inhalation of the oil can inhibit locomotor activity in mice (Muchtaridi *et al.* 2010).

Vasodilator: See **warming**.

Warming: In traditional medicine, Nutmeg is considered a warming remedy, appropriate for conditions that are associated with cold and moisture, such as rheumatism, or digestive problems, such as diarrhea.

Emotional: Nutmeg is uplifting, and can also enhance the imagination.

Digestion: Nutmeg is most useful as a digestive tonic and stimulant. It is traditionally added to food as a spice to support digestion. It also helps reduce gas after eating a heavy meal and eases nausea. It can be useful for reducing diarrhea.

Musculoskeletal: Nutmeg is helpful for reducing the swelling and pain of arthritis and rheumatism. I like to add it to cream or oil (at no more than 1%) to help reduce pain in swollen joints and muscles.

Safety Data

The use of the oil on the skin is considered safe at low dilutions: 0.8% for East Indian Nutmeg oil, and 5% for West Indian one, which has lower levels of safrole and methyl eugenol. Nutmeg can irritate the skin when oxidized, and also if used in higher dilutions, as it is a hot oil. Some sources suggest avoiding the use of Nutmeg oil during pregnancy.

Generally non-toxic, non-irritant and non-sensitizing. Always test a small amount first for sensitivity or allergic reaction.

If pregnant consult with a physician prior to use.

****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.**

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](#).