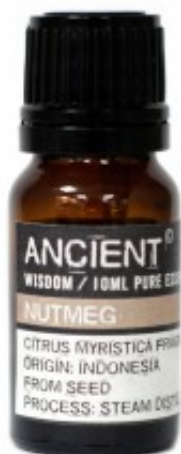


## 10 ml Nutmeg Essential Oil



**Brand:** Ancient Wisdom

**Product Code:** EO-34

**Availability:** In Stock

**Weight:** 0.04kg

**Price:** £5.50

### Description

Latin Name : Myristica Fragrans Part Of Plant Used : Seed Source : Indonesia Extraction Method : Steam Distillation 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. Aromatically, Nutmeg Essential Oil is a warm, spicy essential oil that is sweet and somewhat woody. It blends beautifully with other essential oils in the spice family. It also blends well with floral, citrus and wood essential oils. It can add a beautiful, distinctive spicy characteristic to otherwise bland blends. Emotionally, Nutmeg Essential Oil can be a very stimulating essential oil. It can be especially helpful in supporting motivation and focus during especially challenging times.