



AMAZING SCENTS  AROMATHERAPY

LEARN WITH

Lianne

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Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

NUTMEG ESSENTIAL OIL

During the festive season, we like to surround ourselves with warm and comforting aromas and one that is great for this time of year is Nutmeg essential oil. It has caused quite a bit of drama amongst some aromatherapists, so let's unpack the oil a little further and see what all the controversy is all about.



Nutmeg Interesting Facts

- Nutmeg essential oil is sourced from the dried kernels of the *Myristica fragrans* tree, indigenous to the Spice Islands of Indonesia.
- Nutmeg is highly sought after in the culinary world as a major flavouring agent.
- The spice became very expensive during the Elizabethan era as it was believed to ward off the Black Plague. During the 18th century, it was a highly regarded and very valuable spice in the trading market - it has been said that one could sell a few Nutmegs and have enough money to enable and sustain an independent lifestyle.
- Long ago it was regarded as something of a mystical spice; it was believed to possess aphrodisiac and hypnotic powers as well as bring good fortune to those who used it
- Nutmeg is the main ingredient of mace

Nutmeg Essential Oil Uses:

- Integumentary system: Hair tonic
- Respiratory system: Bronchitis, colds, coughs, aids intercostal muscle pain
- Musculoskeletal system: Arthritis, gout, rheumatism (acute & chronic), warms muscles, eases muscle aches and pain, eases sprains, strains, fatigue & congestion after sports
- Cardiovascular / Lymphatic system: Poor circulation, stimulates heart and circulation
- Immune system: Bacterial infections, fever
- Digestive system: Carminative, digestive stimulant, encourages appetite, decreases bad breath, aids intestinal infections, autointoxication, fermentations, parasites, diarrhea and flatulence
- Genito-Urinary / Reproductive system: Frigidity, impotence, imitates estrogen, eases labour pains, increases contractions & facilitates birthing, uterine tonic
- Nervous System - Brain/ Mind: Fainting, neuralgia, nervous fatigue, strong psychostimulant, stupefier invigorates and activates the mind, can produce intense dreams

Why the controversy?

Tisserand states that Nutmeg essential oil is potentially carcinogenic, meaning cancer-causing. One popular online aromatherapist has taken this information, misunderstood what that means in the essential oil context and run with it saying that no one should ever use this oil and throw it out. This is a ludicrous statement. Other professionals have weighed in on the controversy and all believe that it is safe to use in small doses.

Tisserand goes on to say that Nutmeg is "potentially carcinogenic due to the presence of safrole and methyl eugenol, however, "anticarcinogens are present in higher concentrations and the existing data suggest either that the oil is not carcinogenic or that it is anticarcinogenic."

So if you see information on Facebook or the internet saying Nutmeg should never be

used, know that whilst it does have some safety concerns, if you use it appropriately it will be fine. What's that saying about 'you should never trust everything you read on the internet'.

Grab a bottle [here](#)



Christmas can be a beautiful time to catch up with those you love and exchange presents. Personalised aromatherapy gifts made with a drop or 2 of love are priceless!

Safety information

- Hazards: Potentially carcinogenic, based on safrole and methyl eugenol content; psychotropic in **high doses**.
- Contraindications: None known.
- Maximum dermal use: 5%



Warm & Cozy

DIFFUSER BLEND



CINNAMON



SWEET ORANGE



NUTMEG



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Warm and Cozy diffuser blend for you to try

Do you love Nutmeg essential oil? Share with us why you love it and how you use it over in our [Facebook group](#).

References:

Tisserand, Robert and Rodney Young. *Essential Oil Safety*, 2nd ed., 2014, pp. 367-8.

Got something to share or want to learn about?

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