

# Black Pepper

*Piper nigrum* 5 mL

dōTERRA®

Product Information Page



**Application:** A T S

**Aromatic Description:** Hot, sharp, fruity, spicy

**Extraction Method:** Steam distillation

**Plant Part:** Fruit

**Main Chemical Composition:**  $\beta$ -caryophyllene, limonene, sabinene, -pinene,  $\beta$ -Pinene, -3-carene

## Primary Benefits

- + Contains important antioxidants for the skin
- + Soothing aroma
- + Powerful warming sensation

## Product Description

Black Pepper is a great oil to have during winter time because of its ability to help ward off environmental and seasonal threats with essential oils known for evoking feelings of wellness and vitality when applied topically. However it should be used with caution when applied topically due to its strong warming sensation.

## Uses

- + Create a warm and soothing massage by combining one to two drops with dōTERRA Fractionated Coconut Oil.
- + Diffuse or inhale directly for a soothing aroma that helps reduce feelings of tension.

## Directions

**Diffusion use:** Use three to four drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.