

CARDAMOM

ELETTARIA CARDAMOMUM 5 ML

SKU: 49350004
WHOLESALE: \$40.50
RETAIL: \$54.00
PV: 28.50



PRIMARY BENEFITS

- WARMING AND COMFORTING
- PROVIDES A SENSE OF EASE AND COMFORT WITH EACH BREATH
- FLAVOURFUL SPICE FOR COOKING AND BAKING

PRODUCT DESCRIPTION

A close relative to Ginger, Cardamom is known as an expensive cooking spice and for providing a unique flavour to foods. Cardamom is commonly used for its warming and comforting feeling. Its' distinct scent can be uplifting and nurturing to your emotions. Native to Southeast Asia, Cardamom is added to traditional Indian sweets and teas for its cool, minty aroma and flavour. dōTERRA Cardamom essential oil is extracted from Cardamom seeds grown in Guatemala, using our strict CPTG[®] testing standards. Through a collaborative and responsible sourcing arrangement, we are able to have a significant impact on the lives of local partners, ensuring that these farming communities enjoy improved livelihoods.

USES

- Add to bread, smoothies, meats, and salads to enhance food flavour.
- Diffuse or inhale for a sense of openness and clarity.

DIRECTIONS FOR USE

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

Food additive use: Add 1 or 2 drops to food.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimise 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.

PLANT PART: Seed

EXTRACTION METHOD: Steam distillation

AROMATIC DESCRIPTION: Spicy, fruity, warm, balsamic

MAIN CHEMICAL COMPONENTS: Terpinyl acetate, 1,8-cineole

