

Black Pepper

Piper nigrum 5 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I S

Plant Part: Fruit

Extraction Method: Steam distillation

Aromatic Description: Hot, sharp, fruity, spicy

Main Chemical Composition: Caryophyllene, limonene, carene, sabinene

Black Pepper | *Piper nigrum* 5 mL

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Description

Black Pepper essential oil, derived from the common cooking spice, is known for its fruity warmth. Black Pepper essential oil enhances the raw black pepper seeds' richness to provide a sharp, stimulating aroma and warming sensation to the skin when used topically.

Why should I add Black Pepper oil to my collection?

Like other spice essential oils, Black Pepper essential oil can add flavor to any dish while cooking. However, Black Pepper essential oil contains limonene—a powerful surface cleansing property. This makes Black Pepper oil particularly diverse among spice oils, as it offers versatile benefits for both cleaning and aromatic use. Additionally, its aroma is especially warm and invigorating.

Uses

Cosmetic

- + Apply one drop Black Pepper oil to palms and inhale directly for a sharp, energizing aroma.
- + Apply one drop Black Pepper oil to the bottom of tired feet for an invigorating fragrance and warming sensation on the skin throughout the day.
- + Dilute one drop Black Pepper oil with Fractionated Coconut Oil and apply to abdomen as part of a soothing massage after meals.

Food

- + Add one to two drops Black Pepper oil to chocolate desserts for a uniquely spicy flavor.
- + Add one drop Black Pepper oil to meats, soups, entrees, and salads to enhance the food's savory flavors.

Household

- + Diffuse Black Pepper essential oil for an invigorating aroma during a long workday.

Directions

Aromatic use: Dilute one drop in 120 mL of liquid.

Topical use: When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity.

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.