

Cardamom (NHP)

Elettaria cardamomum 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Spicy, fruity, warm, balsamic

Main Chemical Composition: Terpinyl acetate, 1, 8-cineole, linalyl acetate, sabinene, linalool

Cardamom (NHP) | *Elettaria cardamomum* 5 mL

49352113

Primary Benefits

- + Helps relieve colds and coughs
- + Helps relieve symptoms of digestive discomfort

Description

Celebrated as a popular spice in many international cuisines, Cardamom oil is infused with a warm, spicy, slightly fruity aroma and provides a host of favourable benefits. As a registered Natural Health Product, Cardamom essential oil is known for its applications in aromatherapy to help relieve cough and cold symptoms as well as digestive discomfort. NPN 80060953.

Because of its enriching aromatic properties, Cardamom essential oil has proven to be most beneficial when used in aromatherapy. You can capture the therapeutic benefits of Cardamom oil by diffusing, adding a drop to a bowl of steaming water, or utilizing in an abdominal or chest massage to help address symptoms of coughs and colds during the winter season or to help relieve digestive discomfort whenever the need arises.

Uses

Therapeutic

- + Used in aromatherapy to help relieve colds and cough.
- + Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.

Directions

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

Topical use: When used topically, dilute with carrier oil to minimize skin sensitivity.

Cautions

Not for oral use. Keep out of reach of children. External use only. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil. If accidental ingestion occurs, seek urgent medical attention or contact a Poison Control Center. Consult a health care practitioner prior to use if you have epilepsy or asthma, or if symptoms persist or worsen. If you are pregnant or breastfeeding do not use this product. Do not expose the applied area(s) to the sun for 24 to 48 hours after application. If you experience nausea, dizziness, headache, or an allergic reaction, discontinue use. For prolonged use, consult a healthcare practitioner.