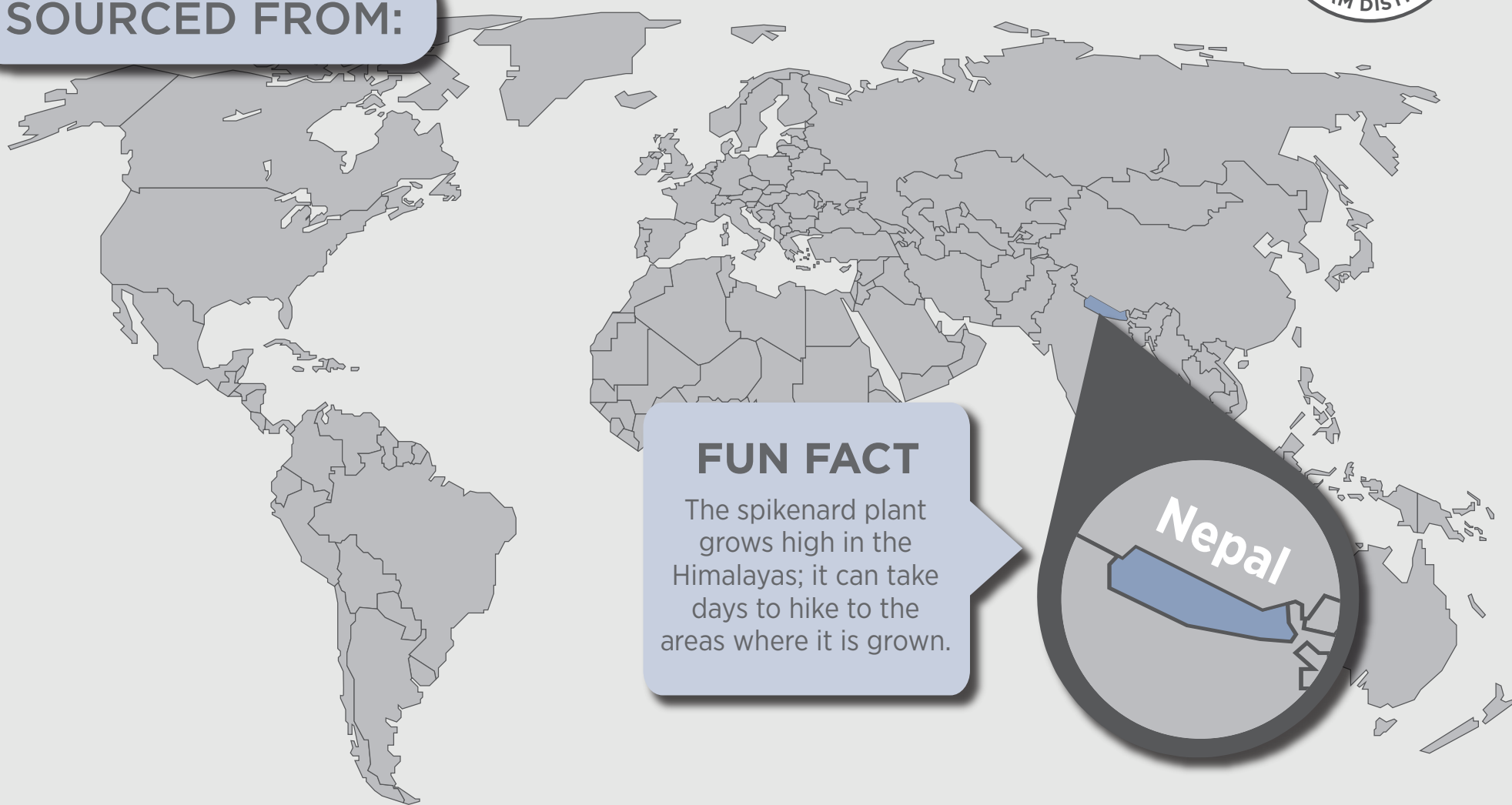


# Spikenard

A | T | N



## SOURCED FROM:



### FUN FACT

The spikenard plant grows high in the Himalayas; it can take days to hike to the areas where it is grown.

Nepal

## WHAT IT TAKES TO MAKE A BOTTLE:



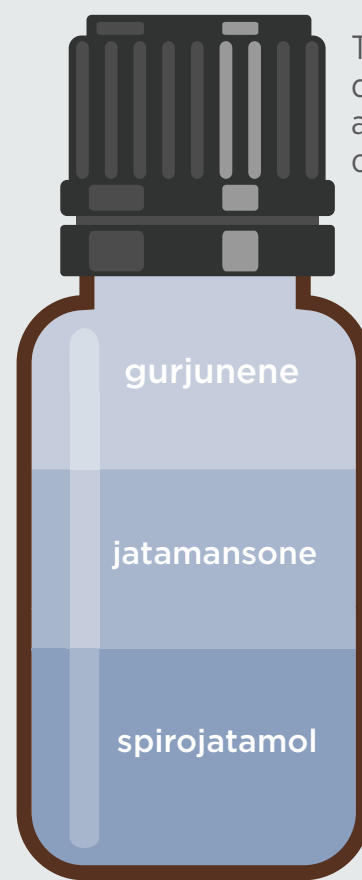
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1.3 LB

It takes 1.3 pounds of spikenard root to produce 5 mL of Spikenard essential oil.

## CHEMISTRY:



The main chemical constituents and associated benefits of spikenard are:

cleansing

calming

earthy aroma

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

## RESEARCH:

421

Published studies on the benefits of gurjunene, the main chemical constituent in spikenard

Numbers according to PubMed as of December 2017

### FUN FACT

Spikenard is included in Pope Francis' coat of arms due to its Catholic symbolism of Saint Joseph.

## WORKS WELL WITH:

