

Black Pepper

Piper nigrum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** **T** **S**

Plant Part: Fruit

Extraction Method: Steam distillation

Aromatic Description: Hot, sharp, fruity, spicy

Main Chemical Components: β -caryophyllene, limonene, sabinene, α -pinene, β -Pinene, δ -3-carene

PRODUCT DESCRIPTION

Black Pepper is best known as a common cooking spice that enhances the flavor of foods, but its topical benefits are equally noteworthy. Due to its limonene content, it may help to reduce the appearance of blemishes.

USES

- Create a warming, soothing massage by combining one to two drops with a carrier oil.
- Diffuse or inhale directly for a calming aroma.

DIRECTIONS FOR USE

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

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

PRIMARY BENEFITS

- May help to keep the skin looking healthy

