

# Cardamom

*Elettaria cardamomum* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

**Plant Part:** Seed

**Extraction Method:** Steam distillation

**Aromatic Description:** Spicy, fruity, warm, balsamic

**Main Chemical Components:** Terpinyl acetate, 1,8-cineole

## PRIMARY BENEFITS

- Promotes feeling of clear breathing

## PRODUCT DESCRIPTION

A close relative to Ginger, Cardamom is known as an expensive cooking spice. Its distinct scent can promote a positive mood. 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

- Apply over lower abdomen for a soothing, cooling massage.
- Inhale to feel better during a long road trip, or long distance flight.
- Diffuse or inhale for a sense of openness and mental clarity.

## 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.

