

# Spikenard

*Nardostachys jatamansi* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T N

**Plant Part:** Roots

**Extraction Method:** Steam distillation

**Aromatic Description:** Woody, spicy, musty

**Main Chemical Components:** Jatamansone, gurjunene

## PRIMARY BENEFITS

- Provides an uplifting and tranquil aroma
- Creates a grounding atmosphere
- Cleansing to the skin

### Spikenard

*Nardostachys jatamansi* 5 mL

49510001

## PRODUCT DESCRIPTION

Spikenard, a flowering plant of the Valerian family, is native to high altitudes in the sub-alpine and alpine regions of the Himalayan mountains. Spikenard essential oil is steam distilled from the roots of the plant and has been valued for centuries, traditionally used to anoint people of high honor and in the Ayurvedic health practices of India. Historically, Spikenard was used to uplift mood and promote relaxation. Spikenard promotes clean, healthy skin. Today, the oil is commonly used in perfumes and massage oils for its woody, musty scent. By sourcing Spikenard oil from Nepal, dōTERRA is able to support much needed income streams for harvesters and partner distillers, particularly in the remote areas where it is harvested, as well as support needed rural community development projects through our Cō-Impact Sourcing® initiatives.

## USES

- Apply one to two drops to back of neck or to temples.
- Diffuse for an uplifting aroma.
- Combine with a hydrating cream to soften and smooth skin.
- Add one to two drops to your favorite cleanser or anti-aging product to promote healthy, glowing skin.

## DIRECTIONS FOR USE

**Aromatic use:** Add three to four drops to 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.