

# Allspice Essential Oil

Warm,  
Sweet & Spicy  
Scent

Grounding  
Scent for  
Cologne

Helpful  
for Digestive  
Upset

Eases  
Muscle  
Discomfort

Use During  
Times of  
Seasonal  
Illness

Works well  
in Autumn  
Blends

## Product Details

**Botanical Name:** Pimenta dioica  
**Country of Origin:** Jamaica  
**Extraction Method:** Steam Distilled  
**Plant Part:** Berries  
**Strength of Aroma:** Medium  
**Cautions:** Maximum dilution 0.3%  
for topical applications  
**KidSafe:** No



## Description

The rich, warm aroma of Allspice is reminiscent of fall, especially when combined with oils such as Orange Sweet, Clove Bud, and Cinnamon. Because of this rich scent, Allspice is often a favorite with men and can be used as a grounding scent for cologne.

Allspice, also known as Pimenta dioica, is helpful when used for occasional digestive upset and during times of seasonal illness. These wonderful properties make Allspice the perfect oil to have year-round.

## Directions

To help with occasional digestive upset, add 1 drop Allspice and 2 drops Ginger Root CO2 to 1 tablespoon of carrier oil and massage on your abdomen in a clockwise motion.

To help with occasional muscle aches and pains, such as after a strenuous workout, add 1 drop each of Allspice, Clove, and Peppermint to 2 tablespoons of carrier oil and apply to affected areas.

During times of seasonal illness, diffuse 1 drop each of Allspice and Cinnamon, and 3 drops of Orange Sweet to help support the body's natural immune system. For topical application dilute to a maximum of 0.3%.

## Blends Well With

Cinnamon, Clove, Geranium, Ginger, Laurel Leaf, Lavender, Neroli, Orange, Patchouli, Pepper Black, Spearmint and Ylang Ylang.

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