

## QUICK REFERENCE SHEET

# FENUGREEK

*Trigonella foenum-graecum*



Extraction Method:  
Cold Pressed, Filtered



Part Utilized:  
Seeds

### CONSISTENCY:

light weight

### GENERAL INFORMATION:

Fenugreek carrier oil has wonderful skin-rejuvenating and anti-inflammatory properties. Even the aroma is soothing as the oil acts to reduce redness, itching, inflammation, and cleanse the skin. The anti-inflammatory properties of Fenugreek are helpful when using essential oil blends and single oils in the treatment of anything that involves the lungs.

Fenugreek is recommended in the treatment of hair loss that is the result of irritation or inflammation. This pleasant carrier oil can help in the fight against dandruff caused by bacteria or clogging of the hair follicles. Fenugreek makes an excellent carrier oil for dry, irritated skin wherever it may be found.

Fenugreek is said to stimulate and balance hormones. It is my opinion that there is nothing better for treating mastitis breast infections than a poultice made using the MP herbal pack, fenugreek used as a carrier oil on breast abscesses is said to be very effective. There are those who claim that fenugreek can be used effectively to increase breast size. Abscesses of other types may also respond to this carrier oil. As always, carrier oils of any kind should be avoided if the root of the problem is fungal.

### WHAT IS A CARRIER OIL:

Carrier or base oils are often applied in conjunction with an essential oil. The common industry term for carrier oils is fixed oils. These oils are made from vegetables, nuts, seeds, and flowers. They are considered by many to have therapeutic properties of their own.

Carrier oils are used for several different reasons. One major reason is that pure essential oils are often too concentrated to be applied undiluted to the skin. Adding essential oils to a carrier oil also allows the oil to be spread over a larger application area and to be absorbed more evenly. Many essential oils are quite expensive, and because they are so highly concentrated, one or two drops may be all that you need. The use of a smaller quantity of essential oil is often more beneficial than a larger quantity and is certainly less likely to cause any type of reaction.