QUICK REFERENCE SHEET

ALLSPICE

Pimenta dioica

Plant Family: Myrtaceae

Extraction Method: Steam Distilled

Part Utilized: Leaves, Fruit

Region of Origin:

Jamaica

AFFINITY FOR:

digestive system, respiratory system, circulatory system, muscles

THERAPEUTIC PROPERTIES:

anesthetic, analgesic, antioxidant, antiseptic, carminative, muscle relaxant, rubefacient, stimulant, tonic

AROMATIC CONSIDERATIONS:

Allspice has a warm and spicy aroma with a bit of sharpness. The aroma of Allspice is warming and stimulating. When added to blends, it provides a distinctive aromatic layer.

APPLICATION:

Always dilute Allspice with a carrier oil. Apply allspice to the chest for respiratory ailments, the abdomen for digestive disorders, and on any area of the body where increased circulation is needed.

CAUTIONS:

Allspice, used as a single essential oil, should be diluted well. It can be irritating to delicate membranes and cause skin irritation if used undiluted. Allspice is wonderful in a blend.

INGREDIENT IN:

LeEternity, LeKadence, LeVitality, LeZest For Life

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Allspice is used to treat depression, nervous exhaustion, tension, stress, and neuralgia where the symptoms are worsened by emotional stress.

PHYSICAL ASPECTS:

Allspice offers a wide range of therapeutic properties. It is of benefit to the digestive system, as are most oils made from plants traditionally used as spices. Allspice supports respiratory function. It has outstanding analgesic, anesthetic, and muscle relaxant properties. These properties make it beneficial for injuries, arthritis, and muscle cramps.

GENERAL INFORMATION:

Familiar to cooks, Allspice tastes like a combination of Cloves, Cinnamon, and Black Pepper, but it is actually a single distinctive plant. Allspice produces a small berry-like pepper. The essential oil is made from the leaves and the fruit.

Allspice blends particularly well with Ginger, Geranium, Lavender, Orange, Patchouli, and Ylang Ylang.

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