

## 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.