

## QUICK REFERENCE SHEET

# GREEN PEPPER

*Piper nigrum*



Plant Family:  
Piperaceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Fruit



**Region of  
Origin:**  
India

### AFFINITY FOR:

respiratory system, muscles

### THERAPEUTIC PROPERTIES:

anti-inflammatory, muscle relaxant,  
carminative, circulatory stimulant, detoxifying,  
diuretic, expectorant, laxative, aphrodisiac

### AROMATIC CONSIDERATIONS:

Green Pepper is slightly milder when diffused  
than Black Pepper. It is uplifting to the mind  
and soothing to the senses.

### APPLICATION:

Should be diluted well. It can then be applied to  
the feet or to any area of the body.



### CAUTIONS:

Should be used well-diluted, but is less likely  
to cause skin irritation than Black Pepper.

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

When the mind becomes tired or dull before an important project is completed, Green Pepper essential oil can revive the mind and the spirits, helping one to stay awake and focused for a bit longer. Green Pepper is considered an aphrodisiac.

### PHYSICAL ASPECTS:

Like Black Pepper, Green Pepper can be used as an expectorant. It can also be used to improve muscle tone.

### GENERAL INFORMATION:

Green Pepper essential oil is derived from the green berries of the *Piper nigrum* plant, while Black Pepper essential oil is derived from the ripened and dried berries.