

QUICK REFERENCE SHEET

WHITE PEPPER

Piper nigrum



Plant Family:
Piperaceae



Extraction Method:
Steam Distilled



Part Utilized:
Fruit (White Berries)



**Region of
Origin:**
India

AFFINITY FOR:

respiratory system, muscles and joints, lymphatic system, digestive tract, yang energy, bones

THERAPEUTIC PROPERTIES:

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

AROMATIC CONSIDERATIONS:

White Pepper essential oil has a crisp, fresh peppercorn aroma. It has an uplifting action on the mind and is quite soothing to the senses.

APPLICATION:

White Pepper essential oil should be well diluted for topical application

! CAUTIONS:

White Pepper essential oil may cause skin irritation to sensitive skin. It should be avoided during pregnancy.

INGREDIENT IN:

^{Le}Connection, ^{Le}EZ Traveler, ^{Le}WeightLess

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

White Pepper is viewed as having balancing and refreshing aspects. It is said to be energizing to the mind, invigorating as well as revitalizing the spirit.

PHYSICAL ASPECTS:

White Pepper essential oil is beneficial for muscular aches and pains, osteoporosis, and sprains. It can be helpful for rheumatism as well as rheumatoid arthritis. White Pepper can stimulate the circulatory system to function more appropriately.

GENERAL INFORMATION:

White Pepper essential oil is made from the same fruit as Black Pepper. The berry is picked when fully ripe and the outside layer is removed.