**Nutmeg**Emotional stability is one of the characteristics of nutmeg essential oil. Nutmeg rekindles the fire within our souls and helps us to regain our lost passion for life. It seems to lift the weight of the world off our shoulders, letting us rise above situations and challenges. Nutmeg oil, added to a blend, can be an essential ingredient for relieving nervous fatigue. Nutmeg oil seems to accentuate our ability to comfort, heal, and understand other people's emotional traumas and struggles. Nutmeg is very strong and is not often used as a single. Use sparingly and with caution.

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