

Product Description:

Derived from the seeds of *Elettaria cardamomum*, **Cardamom Essential Oil** offers a sweet, spicy, and warm aroma. Known for its uplifting and invigorating properties, it is often used in aromatherapy to promote mental clarity and ease digestive discomfort. With potential benefits for respiratory health, this essential oil blends well with citrus and spice oils.

Product Code: [EZ03-EO]

Botanical Name: *Elettaria Cardamomum*

Country of Origin: India

Extraction Method: Steam Distilled

* **Note:** COA and MSDS available on request.

Guidelines for Use:

1. **Dilution for Skin:** Mix 2-3 drops of Cardamom essential oil with a carrier oil (such as sweet almond or jojoba oil) before applying to the skin. This helps ensure safe application and minimizes the risk of skin irritation.
2. **Aromatic Inhalation:** Inhale the warm and spicy aroma of Cardamom oil directly from the bottle or by adding a few drops to a diffuser. This can promote a sense of clarity and relaxation.
3. **Soothing Bath Soak:** Add a few drops of Cardamom oil to your bathwater for a soothing and aromatic experience. This not only benefits the skin but also provides a calming atmosphere.
4. **DIY Body Lotion:** Mix a drop or two of Cardamom essential oil with your unscented body lotion. Ensure even distribution for an aromatic and moisturizing experience.
5. **Refreshing Facial Mist:** Dilute Cardamom essential oil with water in a spray bottle and mist it onto your face for a refreshing pick-me-up. This can be especially invigorating during the day.

Caution:

Always perform a patch test before widespread use, and be cautious if you have sensitive skin. Consult with a healthcare professional or dermatologist for personalized advice, especially if you have specific skin concerns or conditions.