



Essential Oils

## Nutmeg, Essential Oil



VEGAN



CRUELTY-FREE

### What can it be used in?

Aftersun	Body Care
Eye Care	Face Moisturiser
Face Oil	Face Serum
Facial Care	Facial Cleanser
Facial Mist	Facial Toner
Lip Balm	Lip Care
Lip Mask	Lip Oil
Lip Scrub	Scar Care

**Product code**  
K0307

**INCI Listing**  
Myristica Fragrans Fruit Oil

**Manufacturing Method**  
Steam Distilled

**CAS Number**  
84082-68-8

**Origin**  
India

**EINCS**  
282-013-3

**Scent**  
Spicy, Woody

**Customs Tariff Code**  
3301294900

**Colour**  
Colourless-Yellow

### Related Products

K0308

### Skin Benefits

Nutmeg Essential Oil is valued for its soothing and warming properties, making it beneficial for aromatherapy and relaxation practices. Its rich and spicy aroma promotes a sense of comfort and relaxation. Nutmeg Essential Oil can be used in diffusers, bath blends, massage oils, or personal perfumes to enjoy its aromatic benefits. The oil's soothing properties can help reduce stress, promote sleep, and create a cozy atmosphere.

### Hair Benefits

Nutmeg Essential Oil can be used in hair care products for its warming and comforting qualities. The oil's rich scent can contribute to a relaxing experience during hair washing or scalp massages. It can also be blended with carrier oils or hair products to infuse a pleasant aroma. While not primarily known for its specific hair benefits, Nutmeg Essential Oil's overall soothing properties can indirectly support scalp health by reducing stress and promoting a tranquil atmosphere.

### Functionality

The attached information is considered to be correct. Please be aware that detail can change and we encourage clients to update their technical records regularly via [www.oand3.com/products/](http://www.oand3.com/products/).

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### **Anti-Inflammatory**

Powerful anti-inflammatory properties help soothe and calm irritated skin, reducing redness and inflammation, whilst providing relief from discomfort and promoting a balanced complexion for healthier-looking skin.

### **Warming**

Introduces a gentle warming sensation to the skin, providing a comforting and soothing effect. This property is ideal for products designed to promote relaxation, especially in massage oils or creams

### **Antimicrobial**

With potent antimicrobial features, it effectively combats harmful microbes, preventing infections and promoting skin health. It supports a clean and clear complexion, safeguarding against unwanted bacteria.

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