

SPIKENARD

Nardostachys jatamansi



Essential Singles

Spikenard is native to India and Nepal and is distilled from the root of the plant. It was used by Roman perfumers, and has a well-known Biblical history, having been mentioned in the Song Of Solomon, and with Mary Magdalene who used it to anoint Christ's feet before the Last Supper.

**SEDATIVE,
STABILIZING,
ANTIBIOTIC**

Regarded as a calming, sedative, stabilizing oil, Spikenard's action regulates the nervous system and the heart. With its warm and earthy aroma, it also helps soothe the deepest forms of anxiety, nervous indigestion, migraine, stress, and overall tension. Like Myrrh, Spikenard can instill a profound sense of peace.

Spikenard can also be supportive in relief from rashes, allergic skin reactions, and can soothe, nourish, and regenerate mature skin. It is one of the few essential oils that helps relieve dandruff.

Roman Chamomile and Lavender are highly regarded as children's oils and they make the perfect combination for a child's first perfume. Layer on the wrist and neck area and they will receive the added benefit of feeling calm and nurtured.

Available in: 5ml Bottle

daily uses

BATH

- To relieve depression and low self image, mix 4 drops Spikenard and 4 drops Geranium in 1/2 cup Pink Himalayan or Dead Sea salt and add to warm bath.
- To relieve stress, mix 4 drops Spikenard with 8 drops Petitgrain in 1/2 cup Pink Himalayan or Dead Sea salt and add to warm bath.

DIFFUSION

- Diffuse 15 minutes per hour throughout the day to create a calming environment.

INHALATION

- Apply 2 drops on hands, rub, and inhale deeply as needed to relieve panic attacks or tension.

MASSAGE

- Add 2-3 drops per tablespoon of carrier oil, rub on the feet, back of the neck, or as desired to enhance relaxation.

MISTING SPRAY

- Mix 15-20 drops in 4 oz. distilled water in a cobalt blue spray bottle. Shake well and spray as desired.

TOPICAL

- Add 5 drops per ounce of organic shampoo to treat dandruff.
- To restore calm after shock, grief, or panic attack, mix 4 drops Spikenard, 8 drops Rose, and 4 drops Myrrh in 1 tablespoon or carrier oil. Apply 1-2 drops of this blend to temples, back of neck, forehead, and upper chest.
- To calm irregular heartbeat, mix 4 drops Spikenard, 4 drops Helichrysum, and 8 drops Neroli with 1 teaspoon carrier oil, and apply 4-6 drops over the heart area using circular strokes.
- The sedative effects of this oil can benefit the heart and solar plexus.
- As an aid to healing eczema, psoriasis, or athlete's foot, mix 4 drops Spikenard, 4 drops Helichrysum, and 2 drops Geranium in 1 teaspoon carrier oil and apply to affected areas.

RESPONSIBLE CAUTIONS

Non-toxic, non-irritant, non-sensitizing.

attributes

PRODUCING ORGAN

Root

EXTRACTION

Steam distillation

COUNTRY OF ORIGIN

Nepal

PROPERTIES

Antibiotic, antifungal, anti-infectious, anti-inflammatory, antipyretic, antiseptic, antispasmodic, bactericidal, calmative, deodorant, laxative, sedative, tonic.



QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

