



CARDAMOM

Pure Essential Oil

warming

◀ Peel for important safety & use details

NET .5 FL OZ
(15 mL)



INGREDIENTS

Elettaria cardamomum (cardamom) oil.

OUR PROMISE

- Single Botanical
- No Synthetics
- Tested for Authenticity
- Not Tested on Animals

L191155B4



Aura Cacia Cardamom is Well Earth Certified to ensure sustainability.

GROWN IN Guatemala

DISTRIBUTED BY FRONTIER CO-OP
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CAUTION: IF PREGNANT, NURSING, SUFFERING FROM ANY MEDICAL CONDITION, OR TAKING MEDICATION, CONSULT A HEALTH CARE PRACTITIONER BEFORE USE. DILUTE PROPERLY. AVOID EYES AND MUCOUS MEMBRANES. IF IRRITATION OCCURS, DISCONTINUE USE. NOT FOR INTERNAL USE OR FACIAL USE. KEEP OUT OF REACH OF CHILDREN. PRODUCT IS FLAMMABLE.

USE FOR

Evoking a warming touch in body care and massage.

GOES WELL WITH

Rose, frankincense, sweet orange

AROMA NOTE

Spicy top note

QUICK TIP

Diffuse 5 drops each of cardamom and lemon to create a warm, inviting airspace.

WARMING BODY MASSAGE

24 drops cardamom
2 fl oz grapeseed oil
Combine in bottle and apply in a massage.

DILUTION GUIDE

Drops per 1 oz (2 Tbsp) carrier

Body	12
Home Care	18
Diffusion	Follow device instructions

Examples of carriers

- Skin care oil
- Unscented liquid soap or lotion
- Witch hazel extract

Find more recipes & tips at auracacia.com.