



# NUTMEG

Pure Essential Oil

invigorating

Peel for important safety & use details

NET .5 FL OZ (15 mL)



**INGREDIENTS**  
*Myristica fragrans*  
(nutmeg) oil.

### OUR PROMISE

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

L191161A4



Aura Cacia Nutmeg is distilled from the whole, dried nutmeg.

**GROWN IN**  
Indonesia

DISTRIBUTED BY FRONTIER CO-OP  
PO BOX 299, NORWAY, IA 52318 USA  
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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**  
Invigorating aroma.

**GOES WELL WITH**  
Lavandin, geranium, sweet orange

**AROMA NOTE**  
Spicy top note

**QUICK TIP**  
Add 6 drops each of nutmeg and tangerine to revive potpourri.

**INVIGORATING MASSAGE OIL**  
10 drops nutmeg  
10 drops lavandin  
4 fl oz sweet almond oil  
Combine in bottle. Apply to skin in massage.

**DILUTION GUIDE**  
Drops per 1 oz (2 Tbsp) carrier

Body	5
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](http://auracacia.com).