CARDAMOM

ELETTARIA CARDAMOMUM

Country of Origin: Sri Lanka
Steam Distilled from seeds

HOW WE SOURCE

Cardamom oil is shaped by the quality of the seed and the timing of its harvest. We look for Elettaria cardamomum grown in warm, humid regions and harvested just before full ripeness, when its chemistry is fully developed and balanced.

The seeds are carefully dried, then steam distilled to preserve their volatile compounds. We look for oil that is soft, warm, and clearly spiced with a subtle sweetness, never dull, overly sharp, or lacking depth.

Cardamom (Elettaria cardamomum) is a steam-distilled oil drawn from the seeds of the plant, valued for its warm, spicy-sweet aroma and its broad affinity for the digestive and nervous systems. Naturally rich in compounds such as 1,8-cineole and terpinyl acetate, it carries a gently stimulating yet stabilizing character, known for supporting digestive comfort, easing occasional tension, and promoting a more settled, responsive state.

Its aroma is soft, aromatic, and slightly sweet with a subtle balsamic warmth, offering a more rounded and approachable spice profile compared to sharper oils. It is often used when the body feels sluggish or unsettled, or when the mind is fatigued but still needs to stay present and engaged.

In both aromatic and traditional use, cardamom has been regarded as a restoring oil, supporting digestion, respiratory ease, and nervous system balance. It works with subtlety, helping the body recalibrate without overstimulation, bringing a sense of warmth, movement, and quiet stability to both mind and body.

FUNCTIONAL CONSTITUENTS

1,8-Cineole (Eucalyptol)	A dominant oxide in cardamom oil, 1,8-cineole contributes to its fresh, lightly penetrating character. It is associated with supporting clear breathing and respiratory function, while also helping promote mental alertness and a more focused, awake state.
Terpinyl Acetate	A key ester that gives cardamom its soft, sweet, and slightly balsamic warmth. Terpinyl acetate is known for its calming and stabilizing influence on the nervous system, helping ease tension while maintaining clarity. It also plays a role in supporting digestive comfort and smooth muscle relaxation.
Linalool	Present in smaller amounts, linalool adds a gentle balancing effect to the oil's overall profile. It is associated with reducing feelings of stress and nervous tension, helping create a more steady, composed internal state without dulling responsiveness.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC8917848/ https://pmc.ncbi.nlm.nih.gov/articles/PMC10804083/ https://pubmed.ncbi.nlm.nih.gov/38593657/

OUR CARDAMOM IS:

- Steam distilled from dried seeds
- Unrefined and not standardized
- Harvested just before full ripeness
- Carefully dried to preserve character
- Warm, sweetly spiced, and well-rounded

We look for oil that carries a smooth, balanced spice profile with natural warmth and clarity, an immediate sign of proper harvest, drying, and controlled distillation. Flat or overly sharp oil often points to poor handling or imbalance, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Warm, sweetly spiced aroma*
- Smooth, rounded profile*
- Clear, well-defined character*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Flat or dull scent*
- Harsh or sharp aroma*
- Adulterated/extended oil *
- Clear or plastic packaging*

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HOW TO USE CARDAMOM

Cardamom is commonly used when the goal is digestive comfort, gentle stimulation, and nervous system balance. It fits easily into daily routines through aromatic, topical, and internal use.

Aromatic
Diffuse 1–3 drops or inhale directly. Often used when the body feels heavy or sluggish, helping promote a lighter, more responsive state.*

Internal
Use sparingly in cooking or dilute (1 drop) in a veggie capsule with carrier oild. Commonly used to support digestion, reduce occasional bloating, and encourage healthy gastric activity.*

Topical
Dilute with a carrier oil and apply to the abdomen. Often used to support digestive comfort and ease occasional cramping or stagnation.*

Bath
Add 2–4 drops to bath salts before dispersing in warm water. Often used to bring gentle warmth to the body and help reset after digestive discomfort.*

WHAT IT SUPPORTS

Cardamom is traditionally used when the goal is digestive ease, gentle stimulation, and restoring balance to a sluggish or unsettled system. It supports:

- Digestive comfort and healthy gastric activity*
- Reduction of occasional bloating and gas*
- Respiratory ease and clear breathing*
- Nervous system balance and mental steadiness*
- Circulatory warmth and overall system movement*

Used consistently, it helps the body feel more settled, responsive, and comfortably active, supporting both digestive function and a steady, balanced state.

CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

CARDAMOM IN THE STILLROOM

Cardamom has long been kept in the stillroom as a warming, restorative oil to be used when the body feels unsettled or the system needs gentle support. Distilled from the seeds of Elettaria cardamomum, it is associated with digestive ease, respiratory comfort, and a steady, responsive state.

It is often reached for during times of discomfort, fatigue, or imbalance. This is not a sharp or overpowering oil. It works with subtlety, helping encourage movement and warmth while maintaining balance. Used in small amounts, it supports a more settled, comfortable state without overstimulation.

MORE WAYS TO USE CARDAMOM

After Meals
Dilute and massage over the abdomen following heavier meals. Commonly used to ease fullness and support smoother digestion.*

Spice Blend Support
Add 1 drop to warm beverages or recipes with ginger or cinnamon. Helps enhance digestive activity and reduce sluggishness.*

Morning Reset
Inhale from palms upon waking. Often used to gently stimulate the system and encourage a more responsive start to the day.*

Seasonal Breathing Support
Diffuse with eucalyptus or inhale from steam. Commonly used to support open, comfortable breathing.*

Travel Companion
Apply diluted to abdomen or inhale during travel. Often used to ease digestive upset and maintain comfort on the go.*