

SPIKENARD

NARDOSTACHYS JATAMANSI

Country of Origin: Nepal
Steam Distilled from root

Spikenard (*Nardostachys jatamansi*) is a steam-distilled oil drawn from the root, valued for its heavy, earthy aroma and its profound effect on the nervous system and emotional regulation. Naturally rich in calming, resin-like compounds, it carries a deeply sedative, stabilizing character known for easing intense anxiety, quieting internal agitation, and supporting the body during periods of shock, grief, or overwhelm.

Its aroma is dark, rooty, and slightly musky with a dense, grounding quality that feels immediate and immersive. It is often used when the system is highly reactive or unable to settle, particularly in cases of panic, emotional distress, or persistent tension that hasn't responded to lighter oils.

In both aromatic and traditional use, spikenard has been regarded as a deeply calming and restorative oil, supporting emotional stabilization, nervous system regulation, and a return to inner stillness. It works by slowing the system down at a foundational level, helping reduce intensity and restore a sense of quiet, grounded balance.

FUNCTIONAL CONSTITUENTS

Bornyl Acetate	A key ester in spikenard that contributes to its soft, grounding aroma. It is strongly associated with calming the nervous system, reducing tension, and supporting emotional stabilization.
Isobornyl Compounds	These compounds add to the oil's warm, slightly balsamic depth. They are known for their soothing, anti-inflammatory properties and help reinforce the oil's ability to ease physical and emotional discomfort.
Valeranone / Valerianate-Type Compounds	Root-associated constituents that contribute to spikenard's sedative character. They are linked to deep nervous system relaxation, helping reduce anxiety, restlessness, and persistent internal agitation.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC3510905/ https://pmc.ncbi.nlm.nih.gov/articles/PMC3708255/ https://pubmed.ncbi.nlm.nih.gov/20614480/



HOW WE SOURCE

Spikenard oil is shaped by the quality of the root and the harsh, high-altitude environments in which the plant grows. We look for *Nardostachys jatamansi* wildcrafted in regions such as Nepal, where slow growth in rocky terrain produces roots with a dense, concentrated aromatic profile.

The roots are carefully harvested, then steam distilled to extract their heavy, grounding compounds. Because spikenard is both rare and delicate in its ecosystem, responsible harvesting and proper handling are essential. We look for oil that is deep, earthy, and smoothly rooty with a rich, settled character, never sharp, thin, or lacking depth.

OUR SPIKENARD IS:

- ✓ Steam distilled from root
- ✓ Unrefined and not standardized
- ✓ Wildcrafted from high-altitude regions
- ✓ Carefully sourced for depth and integrity
- ✓ Deep, earthy, and richly grounding

We look for oil that carries a dense, root-driven aroma with smooth, settled depth, an indicator of proper harvesting and careful distillation. Thin, sharp, or overly dry oil signals poor material or improper handling, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Deep, earthy aroma*
- Dense, root-driven profile*
- Smooth, settled depth*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Thin or weak scent*
- Sharp or acrid notes*
- Adulterated/extended oil*
- Clear or plastic packaging*

HOW TO USE SPIKENARD

Spikenard is commonly used when the goal is calming intense emotional states, supporting the nervous system, and helping the body settle after stress or overwhelm. It fits best into aromatic and topical routines.

Aromatic

Diffuse 2-4 drops or inhale directly. Often used to reduce anxiety, quiet agitation, and create a deeply calming environment.*

Topical

Dilute with a carrier oil and apply to chest, back of neck, or feet. Commonly used to support relaxation and help the system settle.*

Evening Use

Diffuse or apply diluted before rest. Commonly used to promote deeper relaxation and a more settled state.*

WHAT IT SUPPORTS

Spikenard is traditionally used when the goal is calming intense emotional states, regulating the nervous system, and restoring a deeper sense of stability. It supports:

- Reduction of anxiety, panic, and emotional overwhelm*
- Nervous system regulation and deep relaxation*
- Emotional recovery after stress or shock*
- Relief of tension-related discomfort*
- Skin soothing and support for irritated or reactive skin*

Used consistently, it helps the system settle at a deeper level, supporting calm, stability, and a more grounded overall 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.

SPIKENARD IN THE STILLROOM

Spikenard has long been kept in the stillroom as a deep-settling oil to be used when the system is overwhelmed, unsettled, or unable to come down from intensity. Distilled from the root of *Nardostachys jatamansi*, it is closely associated with calming the nervous system, easing emotional distress, and helping restore a sense of internal quiet.

It is often reached for during periods of shock, grief, or persistent anxiety where lighter oils do not reach deeply enough. This is not an oil of brightness or movement. It works by slowing everything down, helping reduce internal agitation and bring the system back into a more stable, grounded state. Used in small amounts, it supports stillness, emotional recovery, and a more settled overall condition.

MORE WAYS TO USE SANDALWOOD

Post-Stress Reset

Apply diluted to chest after intense moments. Commonly used to help the system come down and re-center.*

Nighttime Grounding Oil

Apply to soles of feet before bed. Often used to support deeper rest and reduce nighttime restlessness.*

Emotional Support Blend

Blend with rose or frankincense in a carrier. Commonly used during periods of grief or emotional processing.*

Scalp & Hair Treatment

Add to carrier oil and massage into scalp. Often used to support dryness and reduce flaking.*

Quiet Space Diffusion

Diffuse briefly during reflection or journaling. Commonly used to create a calm, inward-focused environment.*

