

Spikenard, Wild: Nepal (*Nardostachys jatamansi*)

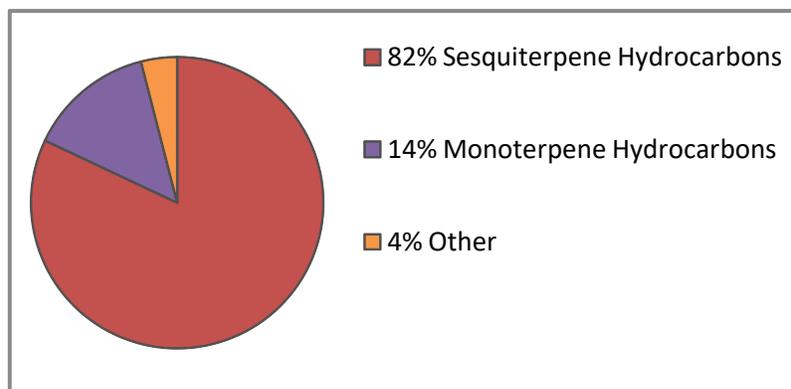
The Spikenard plant is native to Nepal and comes from the foothills of the Himalayas and is more costly oil due to the larger demand and low harvest yields. It is a member of the Valerian family and the oil is extracted like Valerian by steam distilling the roots. This oil has a lot of the same calming properties as Valerian but has a much more pleasant fragrance.

Anciently Spikenard has a long record for therapeutic use but was very costly and precious. In the Bible, Mary Magdalene used Spikenard to anoint Jesus' feet before the Last Supper. The Romans used it for stress relief, insomnia, skin beautification, and as a spice for flavoring.

Primary Usage: Assists emotions and supports the nervous system (balancing functions, calming, relaxing, induces mental peace, harmony, supports deep sleep, releases trauma, eases grief). Beneficial for skin issues (dermatitis, psoriasis, dry, wound healing, inflammation, varicose veins, wrinkles, circulation, edema, rash) and assists digestion (food poisoning, constipation, colic, nausea).

Secondary Usage: Helps regulate hormones (menstruation, stimulates ovaries), lymph system, heart function, and assist with liver issues.

Has been reported: To be beneficial for fevers, Candida, hemorrhoids, and as a general tonic.



Descriptor: Nervine, Regenerative, Digestive, Antimicrobial, Antispasmodic, Diuretic, Tranquilizer

Application: Apply topically on location or diffuse.

Caution: Appears safe but avoid during pregnancy because known to assist menstruation.

Main chemical about 35% beta-Gurjunene

Found In: Bedtime, Oils of the Bible

Influences: Brings inner peace and balance. Relaxes the mind, body, and spirit to assist in opening oneself for the Creator's spiritual assistance and is wonderful for grounding before meditation or prayer. Assists to promote generosity and truthfulness.

Medicine Wheel: A Primary Center and Secondary South.

Blends Well With: Cedarwood, Cinnamon Bark, Clary Sage, Clove Bud, Cypress, Fir, Frankincense, Geranium, Hyssop, Juniper Berry, Lavender, Lemon, Myrrh, Neroli, Orange, Palmarosa, Patchouli, Peppermint, Pine, Rose, Sage, Spruce, Vetiver

Recipes: For skin mix one ounce carrier oil with seven drops Spikenard, five drops of Lemon, and two drops each of Lavender, Vetiver, and Sandalwood. Apply on location.

Here are a couple calming formulas we like for massage. Take six drops Spikenard, two drops Myrrh, and one drop Rose mixed in some carrier oil and massaged on the body. Also mix four drops Spikenard, three drops Petitgrain, and one drop Neroli in carrier oil and massage on the body.