

The sweet, spicy, almost musky scent of **Nutmeg Oil** blends well with Bay Leaf, Clary Sage, and other spice oils. Add the warming oil to a massage lotion, or to a bath, to soothe minor muscle aches and pain.

Aromatherapy Uses: Mentally Uplifting, Rejuvenating.

Safety Information: Keep out of reach of children. For external use only. Dilute properly.