

## Essential oils at a glance – Black Pepper

Dr Gillian Hale

### Oil of the month – Black Pepper

<b>Name of oil:</b>	Black Pepper	<b>Latin name:</b>	<i>Piper nigrum</i>
<b>Description of plant:</b>	A perennial vine reaching 20 ft (5m). Small white flowers are followed by red berries that turn black when mature. Although the plant is native to south-west India, it is extensively cultivated in Malaysia, China and Madagascar. The oil is distilled in Europe and the USA from imported dried peppercorns	<b>Nature of oil:</b>	A pale greenish-yellow liquid with a hot spicy, piquant aroma. Its odour effect is stimulating and warming; a reputed aphrodisiac
<b>Method of oil extraction:</b>	Steam distillation of dried peppercorns	<b>Blends well with:</b>	Other spices, citrus essences, frankincense, jasmine, lavender, geranium, rose, ylang ylang, rosemary and sandalwood
<b>Specific precautions required:</b>	Can irritate sensitive skin; use in small concentrations		
<b>Aromatherapeutic properties:</b>	Poor circulation, muscular aches and pains, loss of appetite, nausea, colds and influenza, lethargy and mental fatigue		

Information from: Wildwood C. *Aromatherapy*. Bloomsbury Publishing Plc, 1996.

For more information on essential oils and, specifically, their role in stress management, visit:

<http://www.aromatherapy-stress-relief.com/stressatwork.html>

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