

7 awe-inspiring benefit of Nutmeg essential oil

Nutmeg oil high in anti-inflammatory, antioxidant properties that help in clear & bright complexion also It contains health remedies, massage therapies, healthcare manufacturing. It is also useful for making male grooming products as it has intense scent.

Preparation method and its ingredients

Nutmeg essential oil made by Steam distilled method strengthens the hair root by delivered with antioxidant which is advantageous and initiate hair growth. Nutmeg has high amount of magnesium, calcium, iron and vitamin C which moisturises the skin from hair roots to the advice of the hair. It manages blood circulation to the scalp which decreases hair fall. It is warming oil that when applied judiciously, it is a [best essential oil for use](#) to ease digestive complaints also muscular aches and pains. Small amount for all essential oils are used, but this works well for Nutmeg Essential Oil.

Usage of Nutmeg essential oil

1. **Nutmeg helps in hindering discoloration of skin.** It helps any type of texture - blemishes, dark spots, dark circles, etc. It helps out to brighten the complexion of the skin throughout the face. It manages the moisture content of the skin and aids in healing any skin cells. It makes the skin good. It combats dryness and skin problems. It introduces glow to the face and makes it appear youthful and bright. You can blend nutmeg with coconut milk and use it over the face.
2. **Nutmeg Oil is applied in cuisines as a flavoring agent.** It is used for medicinal, odorous & cosmetics. It is filled with healthy remedies, massage therapies, soap skincare & healthcare manufacturing. It is also helpful in making in male grooming products as it has a beautiful scent.
3. **Nutmeg Oil is helpful in aromatherapy** as it enhances sleep, calms the senses & provides relaxation. It is consumed for getting relieved from fatigue.
4. **Nutmeg provides strength to the hair follicles** by delivering antioxidants which advantage and enhance hair growth. You can make a hair mask of nutmeg with the help yogurt and honey. Use it to the hair root and apply it into the scalp for some minutes to manage blood circulation. Clean the hair mask after sometime with the help of mild shampoo. Follow this recipe 3 times a week for decreases hair fall and quality hair.
5. **It heals sore** regions, joint pains and menstrual tension.
6. **Nutmeg Oil has antimicrobial**, and antioxidant qualities that aid in clear & glowing complexion.
7. **It heals itchy scalp** & repairs the appearance of the dull damaged hair.