

# *My* Escentia



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## DRIED HERBS

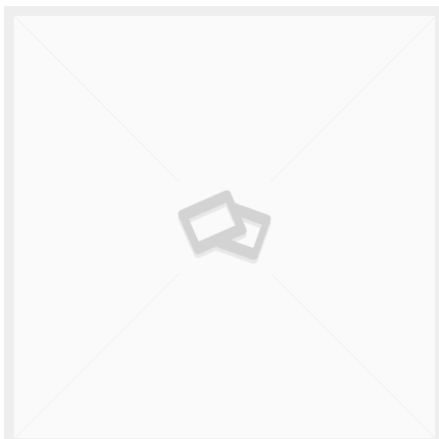
### ALLSPICE BERRIES (PIMENTA DIOICA) 1KG

**Allspice berries** come from the plant *Pimenta dioica* and are called “allspice” because their flavor resembles a blend of cinnamon, cloves, and nutmeg. But beyond the kitchen, they’re powerful for wellness and natural formulations.

[Read More](#)

**SKU:** N/A

**Price:** R480,00



**ALLSPICE BERRIES**  
(PIMENTA DIOICA)

**USES & BENEFITS**

Allspice berries have a warm, aromatic flavor that's a blend of cinnamon, cloves, and nutmeg.

- DIGESTIVE SUPPORT**  
Helps relieve bloating, gas, indigestion and soothes stomach cramps.
- ANTI-INFLAMMATORY & PAIN RELIEF**  
Contains eugenol which helps reduce inflammation, muscle aches and joint pain.
- ORAL HEALTH**  
Natural antiseptic properties help relieve toothache and freshen breath.
- IMMUNE BOOSTING**  
Rich in antioxidants that help strengthen immunity and fight free radicals.
- SKIN BENEFITS**  
Antibacterial and stimulating properties help improve acne-prone skin and promote healthy glow.

**100% NATURAL**  
PURE & PREMIUM QUALITY

**USES**

- HERBAL TEA**  
Soil crushed berries to support digestion, cold and overall wellness.
- CULINARY USE**  
Perfect for spice blends, soups, marinades, baking and festive recipes.
- MASSAGE OILS**  
Infuse in carrier oils for warming and soothing pain relief blends.
- DY SKINCARE**  
Add to tonics, soaps and skin care products for cleaning benefits.
- STEAM INHALATION**  
Use in hot steam to help clear congestion and promote breathing.

**PRECAUTIONS**

- Use in moderation. Excess causes heart palpitations.
- Avoid high concentrations on sensitive skin.
- Not recommended during pregnancy in medicinal amounts.
- Always dilute before topical use.

A VERSATILE HERB FOR HEALTH, WELLNESS, BEAUTY & NATURAL LIVING.





# HERBS

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- IMMUNE BOOSTING**  
Rich in antioxidants that help strengthen immunity and fight free radicals.
- SKIN BENEFITS**  
Antibacterial and stimulating properties help improve acne-prone skin and promote healthy glow.

**USES**

- HERBAL TEA**  
Dried allspice berries are perfect for spice blends, soups, marinades, baking and festive recipes.
- CULINARY USE**  
Perfect for spice blends, soups, marinades, baking and festive recipes.
- MASSAGE OILS**  
Infuse in carrier oils for warming and soothing pain relief blends.
- DY SKINCARE**  
Add to tonics, soaps and skin care products for cleaning benefits.
- STEAM INHALATION**  
Use in hot steam soaps and skin care products to help clear congestion and promote breathing.

**PRECAUTIONS**

- Use in moderation (very potent)
- Avoid high concentrations on sensitive skin
- Not recommended during pregnancy in medicinal amounts
- Always dilute before topical use

**100% NATURAL**  
PURE & PREMIUM QUALITY

A VERSATILE HERB FOR HEALTH, WELLNESS, BEAUTY & NATURAL LIVING.





# NATURAL MEDICINE

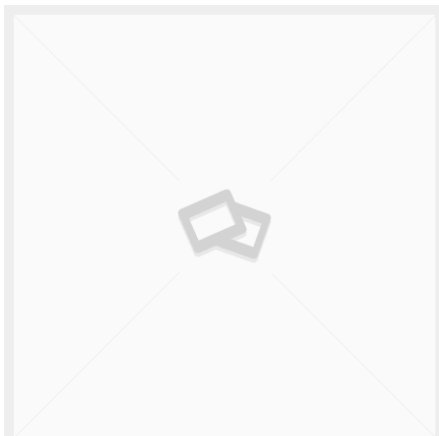
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#### USES

- HERBAL TEA**  
Boil crushed berries to support digestion, calm and overall wellness.
- CULINARY USE**  
Perfect for spice blends, sauces, marinades, baking and festive recipes.
- MASSAGE OILS**  
Infuse in carrier oils for warming and soothing pain relief blends.
- DY SKINCARE**  
Add to scrubs, soaps and skin care products for cleaning benefits.
- STEAM INHALATION**  
Use in hot steam to help clear congestion and promote breathing.

#### PRECAUTIONS

- Use in moderation (less is more!)
- Avoid high concentrations on sensitive skin
- Not recommended during pregnancy in medicinal amounts
- Always dilute before topical use

100% NATURAL  
PURE & HEALTHY  
QUALITY

A VERSATILE HERB FOR HEALTH, WELLNESS, BEAUTY & NATURAL LIVING



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