

When you think about black pepper, you probably think of the seasoning you have sitting in your spice rack, not an essential oil. However, [black pepper essential oil](#) has been used for several centuries for its medicinal benefits. Black pepper essential oil has a spicy, woody scent and a number of health benefits. Here are some of the ways you can use black pepper essential oil:

## **To Aid Digestion and Relieve Stomach Discomfort**

Black pepper essential oil can help with various stomach issues including constipation, gas, bloating and digestion, and the aroma can stimulate your hunger if you've lost your appetite. It also gets your digestive juices flowing and aids in the digestion process.

Suppose you have constipation, gas, bloating, diarrhea or just an upset stomach in general—in that case, you can massage your abdomen with black pepper essential oil (and carrier oil if needed) to relieve the tension and help you feel better.

## **To Relieve Achy Joints and Sore Muscles**

Black pepper oil is known for its warming and anti-inflammatory properties. Therefore, it is an excellent remedy for sore muscles and general body aches and pains. Black pepper essential oil yields a warming effect that boosts blood circulation when massaged into muscles and joints. It can also relax muscle spasms. So, whether you are achy all over from working out or you have [neck pain](#) from sitting in front of a computer all day, black pepper essential oil may be the remedy you need.

## **To Fight Off Bacteria**

Black pepper essential oil has phenomenal anti-viral effects, even on the most resistant bacteria strains. You can use it as an antibacterial cleaner in your home. You can also inhale it or apply it topically to prevent colds and clear up chest congestion.

## **To Alleviate Stress and Anxiety**

The warm, woody aroma of black pepper essential oil can reduce stress by calming your nerves and boosting your mood. It can also help those who are attempting to give up smoking cigarettes. Inhaling black pepper oil can help [reduce cravings and anxiety](#) that come with trying to quit and also help to alleviate any withdrawal symptoms.

## **To Fight Off Toxins on Your Skin and Improve Circulation**

Black pepper essential oil works to remove toxins from your body by enhancing your circulation, which helps you sweat and urinate normally. It also helps [stabilize your blood pressure](#). Furthermore, it can improve your liver function and glucose tolerance, which will help your body remain toxin-free. Black

pepper oil also purifies and detoxifies your skin by removing bacteria and toxins and unclogging your pores.

## **To Prevent Premature Aging**

Black pepper essential oil is rich in antioxidants, so it works against radicals that cause your skin to age prematurely. This will help give your skin a more youthful appearance. It may also reverse some of the aging already caused by radical damage. Additionally, since black pepper essential oil improves circulation, it can enhance cell regeneration and collagen creation, which will reduce the presence of fine lines. Black pepper oil can also heal bruises and blemishes.

## **To Preserve Food**

Not only does black pepper essential oil have unique medicinal properties, but its antimicrobial agents help fight bacteria in food and [prevent food spoilage](#).

As you can see, from anxiety relief to digestion aid to help with quitting smoking, black pepper essential oil has many benefits. The most effective way to use black pepper essential oil is to inhale it (either directly from the bottle or by placing a couple of drops in your hands) or to apply it topically. Never apply undiluted oil directly to your skin; always pair it with a carrier oil. Black pepper essential oil may be too strong to use on its own in a diffuser. However, it blends well with other oils such as [bergamot](#), [rose](#) and [rosemary](#).

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