

# CASSIA

*Cinnamomum cassia 15mL*

*Warm, spicy, cinnamon*

*Aromatic description*

## PRIMARY BENEFITS

- Delicious food flavour
- Warming, uplifting aroma

## PRODUCT DESCRIPTION

A close relative to Cinnamon, Cassia has a strong, spicy aroma that can be used in small quantities to transform many dishes. Cassia essential oil is a "warming" oil, adding a spicy flavour to food. Cassia can be used in cooking either as a replacement for Cinnamon in pies and breads or by itself in a myriad of main dishes and desserts.

It's one of the few essential oils mentioned in the Old Testament, noted for its unmistakable fragrance and calming aromatic properties.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

## PLANT PART:

Bark, Leaf

## EXTRACTION METHOD:

Steam distillation

## MAIN CHEMICAL COMPONENTS:

Cinnamaldehyde, cinnamyl acetate



Certified Pure Tested Grade

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