

Cassia

Cinnamomum cassia 15 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I D

Plant Part: Bark

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, cinnamon

Main Chemical Composition: Cinnamaldehyde, cinnamyl acetate

Cassia | *Cinnamomum cassia* 15 mL

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Primary Benefits

- + Has a warm, spicy, cinnamon-like aroma
- + Adds a sweet, spiced flavour in cooking and baking
- + Provides a warming sensation to the skin when diluted with a carrier oil
- + Provides a comforting aroma during a massage
- + Boosts cleansing properties of homemade cleaners.

Description

Cassia has a uniquely sweet, spicy aroma that can be used in small quantities to transform any essential oil blend. It is an ideal oil to diffuse during the autumn and winter months due to its warming properties and comforting scent. Cassia can be used in cooking either as a replacement for Cinnamon in pies and breads or simply to enhance the aromatics of your favourite spiced entrées and desserts. Because it is a particularly strong essential oil, Cassia should be diluted with a carrier oil when applied to the skin. When diluted and applied topically, Cassia offers a warming and soothing sensation on the skin. Cassia essential oil also possesses a high concentration of cinnamaldehyde, which provides potent surface cleansing properties that can lend an extra cleansing boost to at-home cleaning sprays.

Uses

- + Diffuse Cassia oil during autumn and winter months for a festive aroma.
- + Combine one drop of Cassia oil with a carrier oil and massage for a warming sensation.
- + Use Cassia oil in cooking to replace or enhance the flavour of ground cinnamon.
- + Add two drops of Cassia oil to mop water or a homemade surface spray for added cleansing benefits.

Directions

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

Internal use: Dilute one drop in 120 mL of liquid.

Topical use: When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.