

# Cinnamon Bark

*Cinnamomum zeylanicum* 5 mL

dōTERRA® | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

**Application:** A T I S

**Plant Part:** Plant

**Extraction Method:** Steam distillation

**Aromatic Description:** Sweet, minty, fresh

**Main Chemical Components:** Carvone, limonene, 1, 8-cineole,  $\beta$ -myrcene, Cinnamaldehyde, Eugenol

**Cinnamon Bark** | *Cinnamomum zeylanicum* 5 mL

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## Primary Benefits

- + Provides a sweet, warm, comforting aroma
- + Provides a warming sensation to skin when combined with a carrier oil
- + Adds a warm, spiced flavour to water and recipes
- + Freshens breath

## Product Description

Cinnamon Bark is one of the most recognizable and beloved scents among all the essential oils, offering a wide range of aromatic, topical, and culinary uses. Through simple diffusion, your home can become a comforting sanctuary as the warm aroma of Cinnamon Bark oil fills your space. Cinnamon Bark oil holds powerful cleansing benefits that can enhance your home cleaning routines. Because of its effectiveness in oral care, it is a common ingredient in mouth rinses and chewing gums. The classic flavour of Cinnamon Bark essential oil can also be used to substitute or enhance the taste of ground cinnamon in your favourite kitchen recipes, baked goods, and warm drinks.

\*Due to its potency, Cinnamon Bark should be diluted with a carrier oil when applied to the skin.

## Uses

- + Add one drop to a small amount of water and gargle for an effective mouth rinse.
- + Dilute Cinnamon Bark oil with a carrier oil and use in a massage for a skin-warming sensation.
- + Add to a cup of tea with honey for a warm, spiced drink during winter months.
- + Diffuse Cinnamon Bark essential oil during colder seasons for an invigorating aroma.
- + Add two or three drops to a spray bottle with water for a quick and effective cleaning spray.

## Directions for Use

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

**Internal use:** Dilute one drop in 120mL 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.