

Fennel (sweet)

Foeniculum vulgare 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A T I S

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Licorice, sweet, honey

Main Chemical Components: E-anethole, fenchol, α -pinene

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Part Number: 41291813

Wholesale: \$19.25 CAD

Retail: \$25.67 CAD

PV: 16

PRODUCT DESCRIPTION

Fennel has a unique licorice aroma and taste, and can be used to flavor desserts or enrich the air with its sweet smell. When applied topically, Fennel can soothe dry skin.

USES

Cosmetic

- Add to two ounces of water and gargle to help freshen breath.
- Combine with moisturizer and apply to keep skin looking healthy.
- Apply one to two drops topically to stomach for a soothing abdominal massage.
- Combine one drop with one drop Lavender and apply to neck and chest to promote relaxation.

Food

- Add to desserts for a distinct licorice flavor.
- Add one drop Fennel to water or tea when craving sweets.

Household

- Diffuse Fennel in home or office for an energizing aroma that will support a productive day.



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DESCRIPTION DU PRODUIT

Smart & Sassy is a proprietary blend that combines the benefits of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon to form an uplifting aroma. Smart & Sassy is a great oil to add to any workout routine. Add 2-4 drops of Smart & Sassy to a water bottle to enhance your workout. Smart & Sassy can also be diffused to energize you during your workout. Applied topically, Smart & Sassy is beneficial for the appearance of skin.

USES

Cosmetic

- Add to facial cleanser to promote clean skin.
- Apply to back of neck or bottom of feet after an event-filled day.
- Apply Coriander to legs for a soothing massage after a short workout.
- Use topically under arms before applying deodorant to help fight odor.
- Combine with Fractionated Coconut Oil and massage into skin for a soothing effect.

Food

- Add one drop to curry recipes for an extra boost in flavor.

Household

- Combine with Peppermint and diffuse for a stimulating arom

