

Cinnamon Bark

Cinnamomum zeylanicum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: A T I D

Plant Part: Bark

Extraction Method: Steam distillation

Aromatic Description: Spicy, woody, with a sweet, biting note, warm

Main Chemical Components: Trans-cinnamaldehyde, cinnamyl acetate, eugenol

PRIMARY BENEFITS

- Long used to flavor food

Cinnamon Bark

Cinnamomum zeylanicum 5 mL

Part Number: 30030406

Wholesale: HK\$205.00

Retail: HK\$340.00

PV: 26

PRODUCT DESCRIPTION

Cinnamon is derived from a tropical, evergreen tree that grows up to 45 feet high and has highly fragrant bark, leaves, and flowers. Cinnamon is frequently used in mouth rinses and chewing gums. Cinnamon has a long history of culinary uses, adding spice to desserts, entrées, and hot drinks. Due to its high content of cinnamaldehyde, Cinnamon should be diluted with a carrier oil when applied to the skin and only one to two drops are needed.

USES

- Put 2 drops in empty veggie capsule.
- Place 1 drop of Cinnamon essential oil in hot water or tea.
- Put 2–3 drops in a spray bottle for a quick and effective cleaning spray.
- During your nightly routine, add one drop to two ounces of water and gargle for an effective mouth rinse.
- Dilute with a carrier oil and create a warming massage during winter time.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

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.

