

Cinnamon Bark

Cinnamomum zeylanicum 5 mL

dōTERRA

PRODUCT INFORMATION PAGE



Application: **Plant Part:**
A T D Bark

Extraction Method:
Steam distillation

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

Main Chemical Components:
Cinnamaldehyde, Eugenol

PRIMARY BENEFITS

- Supports a healthy immune system
- Naturally repels insects

PRODUCT DESCRIPTION

Cinnamon is derived from a tropical, evergreen tree that grows up to 14 meters high and has highly fragrant bark, leaves, and flowers. Extracted from its bark, Cinnamon oil contains strong cleansing and immune support properties. Due to its high content of cinnamaldehyde, Cinnamon should be diluted with dōTERRA Fractionated Coconut Oil when applied to the skin. During cold weather, dilute Cinnamon Bark essential oil with Fractionated Coconut Oil and use during a massage to warm those sore and tender areas. Cinnamon Bark essential oil contains powerful properties that can help create a warming sensation while also emitting its sweet and spicy aroma. Cinnamon is frequently used in mouth rinses, as it can help to maintain clean, healthy looking teeth.

USES

- During your nightly routine, add one drop to 60 mL of water and gargle for an effective mouth rinse.
- Dilute with dōTERRA Fractionated Coconut Oil and create a warming massage for cold, achy joints during cold weather.

DIRECTIONS FOR USE

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

Topical use: Dilute one to two drops with dōTERRA Fractionated Coconut 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.

