

Cassia

Cinnamomum cassia 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I D

Plant Part: Bark / Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, cinnamon

Main Chemical Composition: Trans-cinnamaldehyde, cinnamyl acetate

Cassia | *Cinnamomum cassia* 15 mL

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Primary Benefits

- + May promote healthy digestion when taken internally†
- + Supports healthy cardiovascular, metabolic, and immune function when taken internally†
- + Provides a warming, uplifting aroma

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Product Description

A close relative to Cinnamon, Cassia has a strong, spicy aroma that can be used in small quantities to transform any essential oil blend. Cassia has been used for thousands of years for its many health benefits. It's one of the few essential oils mentioned in the Old Testament, noted for its welcome, unmistakable fragrance and calming aromatic properties. Preclinical studies suggest that cinamaldehyde, a main chemical component of Cassia oil, may support a healthy immune response, digestive system, metabolism, and cardiovascular system, but more confirming clinical research is needed.† Cassia is an ideal oil to diffuse during cold months due to its warming properties and spicy scent. Because of its potential to irritate the skin, Cassia should be diluted with a carrier oil when applied to the skin and can be very strong when inhaled directly. When diluted and applied topically, Cassia can help soothe the skin. Cassia can be used in cooking either as a replacement for Cinnamon in pies and breads or by itself in a myriad of entrées and desserts.

Uses

- + Diffuse during winter months for a festive aroma.
- + Take one drop in a veggie capsule to help support healthy digestion, metabolism, and immune function.†
- + Combine one drop with a carrier oil and massage for a warming sensation.

Directions for Use

Aromatic use: Add three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Internal use: Take one drop in a veggie cap.

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, face, and sensitive areas.