

# Cassia

*Cinnamomum cassia* 15 mL

dōTERRA® | CANADA

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

**60214370**

## Primary Benefits

- + Has a warm, spicy, cinnamon-like aroma
- + Adds a sweet, spiced flavour in cooking and baking
- + Provides a warming sensation to the skin when diluted with a carrier oil
- + Boosts cleansing properties of homemade cleaners

## Description

A close relative to Cinnamon, Cassia has been celebrated for thousands of years for its warm, welcoming fragrance and comforting aromatic benefits. Cassia is an ideal oil to use during the autumn and winter months due to its warming topical properties and sweet, spiced scent. Diffuse it in the home or add a few drops to transform any essential oil blend.

Cassia can be used in cooking either as a replacement for cinnamon in pies and breads or simply to enhance the aromatics of your favourite spiced entrées and desserts. Because it is a particularly strong essential oil, Cassia should be diluted with a carrier oil when applied to the skin. When diluted and applied topically, Cassia offers a warming and soothing sensation on the skin. Cassia essential oil also possesses a high concentration of cinnamaldehyde, which provides potent surface cleansing properties that can lend an extra cleansing boost to at-home cleaning sprays.

## Uses

- + Diffuse Cassia oil during autumn and winter months for a festive aroma.
- + Combine one drop of Cassia oil with a carrier oil and massage for a warming sensation.
- + Use Cassia oil in cooking to replace or enhance the flavour of ground cinnamon.
- + Add three drops to a spray bottle with water and spray to scent your home and cleanse hard surfaces.

## Directions

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

**Internal use:** Dilute one drop in four fluid ounces of liquid.

**Topical use:** Apply one to two drops to the desired area. Dilute with a carrier oil to minimize any skin sensitivity.

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.