

Cassia

Cinnamomum cassia 15 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Tested Grade®

Application: **A** **T** **I** **D**

Plant Part: Bark

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, cinnamon

Main Chemical Components: Cinnamaldehyde, cinnamyl acetate

Cassia

Cinnamomum cassia 15 mL

Part Number: 30021813

Wholesale: \$24.25 CAD

Retail: \$32.33 CAD

PV: 20



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 benefits. It's one of the few essential oils mentioned in the Old Testament, noted for its unmistakable fragrance and calming aromatic properties. Cassia is a great oil to diffuse during cold months due to its warming aroma and spicy scent. Due to its caustic nature, 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 provide a soothing aroma. 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

Cosmetic:

- Apply to back of neck for a calming aroma.
- Combine with Fractionated Coconut Oil and massage into muscles for a warming sensation.
- Combine one drop Cassia and one drop Wild Orange and apply to wrists for an uplifting aroma.

Food:

- Place a drop of Cassia in water for added flavor, and to support hydration while outdoors.
- Add one drop Cassia and one drop Lemon to warm water to create a soothing tea.

Household:

- Add to mop water for a pleasing aroma and added cleansing benefits.
- Blend with Tangerine and diffuse during cold seasons for a spicy, warm aroma.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 120 mL of liquid.

Topical use: When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity

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.