

# Cinnamon Bark

*Cinnamomum zeylanicum* 5 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I S

**Plant Part:** Plant

**Extraction Method:** Steam distillation

**Aromatic Description:** Sweet, minty, fresh

**Main Chemical Components:** Carvone, limonene, 1, 8-cineole,  $\beta$ -myrcene, Cinnamaldehyde, Eugenol

## Cinnamon Bark

*Cinnamomum zeylanicum* 5 mL

Part Number: 30031813

Wholesale: \$30.75 CAD

Retail: \$41.00 CAD

PV: 25.5

## 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 for internal benefits.

## USES

### Cosmetic

- Add one drop to two ounces of water and gargle for a mouth-freshening rinse.
- Dilute with Fractionated Coconut Oil and use in a warming massage.
- Dilute with Fractionated Coconut Oil and apply to wrists and ankles before outdoor activity.

### Food

- Use in place of dry cinnamon in recipes for a delightfully, spicy flavor.
- Add one drop to a cup of tea with honey during winter months.

### Household

- Diffuse during cold seasons for an invigorating aroma.
- Place in spray bottle with water and use on to wipe down counter-tops and other surfaces.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 120mL 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.

