

# Cinnamon Bark

*Cinnamomum zeylanicum* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T I D

**Plant Part:** Bark

**Extraction Method:** Steam distillation

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

**Main Chemical Components:** Trans-cinnamaldehyde, cinnamyl acetate, eugenol

## PRIMARY BENEFITS

- Long used to flavor food

## 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.

## USES

- Put 2 drops in empty veggie capsule.
- Place 1 drop of Cinnamon essential oil in hot water or tea.
- Put 2–3 drops in a spray bottle for a quick and effective cleaning spray.
- During your nightly routine, add one drop to two ounces of water and gargle for an effective mouth rinse.
- Dilute with a carrier oil and create a warming massage during winter time.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Dilute one to two drops with a carrier 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.

