

# Cinnamon

*Cinnamomum zeylanicum* 5 ml

dōTERRA® | INDIA

Product Information Page



**Application:** A | I | S

**Plant Part:** Bark

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

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

**Cinnamon** | *Cinnamomum zeylanicum* 5 ml

**SKU:** 60220394

## Primary Benefits

- + Cinnamon is also a popular ingredient when making many different appetizers, breads, and desserts.
- + Helps maintain oral health by using the Cinnamon essential oil in morning mouth wash.
- + Enhances flavor with a touch of spice to desserts and other recipes
- + Warming and stimulating aroma to get you moving on chilly winter days
- + Stimulating and invigorating to the senses.

## 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. Extracted from bark, Cinnamon essential oil's stimulating qualities enable that get up and go feeling and is warming and supportive in the winter months. Cinnamon has a long history of culinary uses, adding spice to desserts, main meals, and hot drinks. Due to its high content of cinnamaldehyde, one to two drops are needed as a food flavor.

## Uses

- + Place 1 drop of Cinnamon essential oil in hot water or tea and drink slowly. In your next recipe including cinnamon, replace ground cinnamon with Cinnamon essential oil for a delightfully spicy flavor.
- + During your nightly routine, add one drop to 1/2 cup of water for an invigorating mouth rinse.

## Directions for Use

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

**For Use in Food:** Dilute one drop in 120 ml of liquid.

## Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas. In case of skin contact, dilute generously with a carrier oil.