

CINNAMON BARK

CINNAMOMUM ZEYLANICUM 5 ML



PRIMARY BENEFITS

- STIMULATING AND INVIGORATING AROMA WHEN DIFFUSED.
- LONG HISTORY OF USE IN FLAVOURING 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. Extracted from bark, Cinnamon oil's stimulating aroma supports that get up and go feeling during the Winter months. Cinnamon has a long history of culinary uses, adding spice to desserts, main meals, and hot drinks. Only one to two drops are needed as a food flavour.

USES

- Try adding 1-2 drops to a hot chocolate or a night time drink.
- Diffuse 1-2 drops for a spicy warming aroma during the winter months. Blends well with Wild Orange, Clove, Myrrh and Douglas Fir essential oils.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of choice.

Food flavour use: Add 1 or 2 drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

PLANT PART: Bark

EXTRACTION METHOD: Steam distillation

AROMATIC DESCRIPTION: Spicy, woody, with a sweet, biting note, warm

MAIN CHEMICAL COMPONENTS:
Cinnamaldehyde, Eugenol

