

# Fennel (sweet)

*Foeniculum vulgare* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **A** **T** **S**

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Licorice, sweet, honey

Main Chemical Components: trans-Anethole,  $\alpha$ -pinene, limonene

## PRIMARY BENEFITS

- Helps reduce the appearance of blemishes
- Aroma promotes calming, soothing effect
- Refreshing and sweet aroma or fragrance
- May help keep the gums, teeth, and mouth looking clean and healthy when applied topically

## PRODUCT DESCRIPTION

Fennel can grow up to six feet in height and has delicate, feathery leaves. The history of Fennel use dates back to ancient times when Roman warriors were said to have consumed Fennel to make them strong and ready for battle. Fennel is best known for its distinct licorice aroma and taste, and its ability to promote calming and soothing effects. It keeps the skin looking healthy and helps reduce the appearance of blemishes.

## USES

- Add a drop of Fennel and Lavender to the palms of your hands. Rub your hands together and inhale; let the aroma soothe and calm.
- May help keep skin clear and healthy-looking.
- Use Fennel with dōTERRA Fractionated Coconut Oil for a soothing abdominal massage.

## DIRECTIONS FOR USE

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

**Aromatic use:** Use three to four drops in the diffuser of your choice.

## 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.

