

# Cassia

*Cinnamomum cassia* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:**      **Plant Part:**



Bark

**Extraction Method:**

Steam distillation

**Aromatic Description:**

Warm, spicy, cinnamon

**Main Chemical Components:**

Cinnamaldehyde, cinnamyl acetate

## PRODUCT DESCRIPTION

A close relative to Cinnamon, Cassia has a strong, spicy aroma that can be used in small quantities to transform any essential oil blend. It's one of the few essential oils mentioned in the Old Testament, noted for its unmistakable fragrance and calming properties. It is a great oil to diffuse during cold weather due to its warming properties and spicy scent. Due to its caustic nature, Cassia should be diluted with dōTERRA Fractionated Coconut Oil when applied to the skin and can be very strong when inhaled directly. When diluted, Cassia can help soothe the body. Along with its uplifting aroma, Cassia oil can also produce feelings of excitement.

## USES

- Add one drop to citrus blends or diffuse with Clove and Ginger during cold weather.
- Combine one drop with dōTERRA Fractionated Coconut Oil and massage for a warming sensation.

## DIRECTIONS FOR USE

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

**Topical use:** Dilute one to two drops with dōTERRA Fractionated Coconut 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.

## PRIMARY BENEFITS

- Help promote feelings of excitement
- Warming, uplifting aroma

