

# Fennel (sweet)

Nourishing Essential Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: **T** | **S**

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Licorice, sweet, honey

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

## 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.

## USES

- Used for skincare

## DIRECTIONS FOR USE

**Topical use:** Mix 1-2 drops with 10 drops of dōTERRA Fractionated Coconut Oil for Skin Care and apply on desired areas for skin care, or mix with daily skin care regimen and apply on skin.

## 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

- May be protective to the skin to keep it strong and healthy

