

Cinnamon Bark Organic Essential Oil (10ml)

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Lily and Loaf

Cinnamomum zeylanicum

£ 12.38 GBP

7105

- Diffuse to clear the air and reduce airborne bacteria, and as an uplifting tonic to improve energy
- Massage after blending to relieve muscles and exhaustion
- Apply diluted to joints, sprains, and sore muscles. Add to bathwater to invigorate tired muscles
- Blends well with Black Pepper, Eucalyptus, Ginger, Frankincense, Lavender, Rosemary, Thyme and Ylang Ylang
- Full 90-day money-back guarantee

Warm, spicy and comforting effect on the mind and body. Uplifting and energising effect to reduce drowsiness, with antiseptic airborne properties.

Lily & Loaf's Cinnamon essential oil is extracted by steam distillation from the leaf of *Cinnamomum zeylanicum*.

Cinnamon is one of the oldest aromatics which has also enjoyed an illustrious history as a spice and medicine. As early as 1500 B.C. it was known in Egypt and Rome and was valued highly as a flavouring, an aromatic in ceremonies and was used in a broad range of medicinal applications.

With a warming, comforting effect it works well for aching sore muscles and joints, and has a soothing tonic effect on the mind and body. Cinnamon oil has antiseptic properties and can be diffused to reduce airborne bacteria.

Aromatic Description: Warm, spicy

Plant Part: Bark

Source: Madagascar

Extraction method: Steam distillation

How to use essential oils

Massage – Both body and facial massage can benefit from the intoxicating aroma of essential oils. Always ensure that you add the essential oil to a carrier oil first, and never apply directly to your skin. A carrier oil, also known as base oil, is used to dilute essential oils before they applied to the skin.

Bathing – There is no better way to unwind than in an essential oil bath, calming oils like Lavender and Clary Sage are especially relaxing. Add 5-10 drops in a bath and disperse vigorously before entering the bath.

Steam inhalation – This is a really good way of helping to relieve blocked sinuses or congestion. Eucalyptus is one of the most popular oils for this. Fill a large bowl with hot (not boiling water), add 3-4 drops of your chosen oil then lean over the bowl placing a towel over your head and slowly breathe in the until you start to feel relief.

Diffusers – There are many diffusers available, one of the most popular being an ultrasonic diffuser which uses water to create a fine mist. These are a great way of enjoying oils throughout the day in your home or office space. Citrus oils are particularly uplifting. Ideally leave your diffuser on for up to an hour at a time, leaving it off for a similar amount of time.

Cautions

Possible skin sensitivity - may cause skin sensitising or irritation. External use only. Do not use undiluted on the skin. Avoid contact with eyes, ears, mucus membranes, and sensitive areas. If you are pregnant, nursing, or using prescription medication, consult your Doctor or qualified health care practitioner before using essential oils. Not recommended for use on children under 12 years. Store in a cool dry place, out of reach and sight of children. Never swallow Lily & Loaf Essential Oils, and never use undiluted on the skin.

Why should I buy from Lily & Loaf?

Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensures that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course our 90-day money back guarantee!

90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

Simple & Fast Worldwide Delivery

We offer a fast delivery service across the UK and indeed throughout the world. So, no matter where you live, buying from Lily & Loaf is a simple and risk free process. Start your journey today with Lily & Loaf. We know that when you try our products, you'll become a Lily & Loaf lover too.

Ingredients

Cinnamomum zeylanicum

Aromatic Description: Warm, spicy

Plant Part: Bark

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Recommended Use

- Massage or topical use - Add 3-5 drops per 10ml of carrier oil

- Diffuser - Add 4-5 drops to cold water
- Inhalation - Add 2-3 drops to hot water
- Bathing - Add 5-10 drops to water or carrier oil, stir into bathwater

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