



Cilantro

Coriandrum Sativum Essential Oil

Cilantro has long been used for its use in cooking with its clean, fresh, herbal aroma. It also provides wonderful detoxifying and cleansing properties.

Size: 15ml

Size: 5ml

APPLICATION METHODS:  Can be used topically  Can be used internally  Can be used aromatically

Primary Benefits

Aids digestion, provides a fresh and herbal flavor to food, strong detoxifier and cleanser.

Directions for Use

Diffusion: Use three to four drops in a diffuser

Internal use: Dilute one drop in 4 fl. oz. of liquid

Topical use: Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

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.

Aromatic Description

Fresh, herbal, sweet, pungent

Collection Method

Steam Distillation

Plant Part

Leaf

Main Constituents

Linalool, decenal

Description

Cilantro aids in healthy digestion as well as providing detoxifying and cleansing properties. When used topically, Cilantro is quite calming and cooling to the skin and when diffused, adds a very light and herbal aroma blended with other essential oils. There are many culinary uses, providing a flavorful lift to guacamole, dips, salads, and meats. Cilantro has been a popular addition to foods for many years.

Uses

- Place two drops in a veggie cap to promote a detoxifying and cleansing experience
- Add to dips, salads, and entrees for its wonderfully distinct flavor
- Diffuse with citrus oils for a light, clean, yet herbal aroma
- Aids in digestion after overindulging at meals

Properties

Analgesic, antioxidant, antispasmodic, aperitif, bactericidal, digestive, carminative, fungicidal, revitalizing, stimulant, stomachic

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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