



Cinnamon Bark

Cinamomum Zeylanicum Essential Oil

Cinnamon has long been used as a rich spice, but also aids in fighting exhaustion and a feeling of depression and weakness.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

Primary Benefits

Aids in healthy metabolic function, toning and calming effect on the respiratory tract, supports a healthy immune system, naturally repels insects, used to add flavor to food and for its internal health benefits.

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

Keep out of reach of children. Possible skin sensitivity. If you are pregnant or nursing, please consult with a physician before using. Always avoid contact with eyes.

Aromatic Description

Spicy, woody, warm, musky

Collection Method

Steam Distillation

Plant Part

Bark

Main Constituents

Cinnamaldehyde, Eugenol

Description

Cinnamon essential oil is extracted from the bark and contains very strong immune support and cleansing properties. Because Cinnamon is such a strong, rich, warm oil, it should always be diluted with Spark Naturals Carrier Oil when used topically. Only use one to two drops when using internally. Cinnamon is also a great tool in supporting metabolic function and also helps maintain a strong immune system. Cinnamon can tone the entire body and stimulate the glandular system, thus easing menstrual pains. Cinnamon is often used in gums/mouth rinses, and has a long history of culinary benefits, adding spice and warmth to hot drinks, desserts, and other dishes.

Uses

- Dilute in bath to assist with chills, infections, flu, and arthritis.
- Add one drop of Cinnamon essential oil to warm or hot water/tea to calm an irritated throat.
- Diffuse to help ease bronchitis and colds as well as lift depression and feeling of weakness
- Add two to three drops in a spray bottle with water for an easy and quick cleaning spray.
- Add two drops to veggie caps to support a strong immune system as well as support metabolism and balanced blood sugars.
- Use as an effective mouth rinse by adding one drop to two ounces of water and gargling
- Dilute with Spark Naturals Carrier Oil to make a warm massage for achy, cold joints during the winter months.

Properties

Antibacterial, Antispasmodic, Aphrodisiac, Antiseptic and Astringent

**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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