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

**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.