



Fennel

Foeniculum Vulgare Essential Oil

When diffused, Fennel essential oil can boost your resolve and courage. Fennel is often used to aid digestion and respiratory function as well as clearing oily skin and fighting wrinkles.

Size: 15ml

Size: 5ml

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

Primary Benefits

Aids in digestion, promotes strength and courage, useful in general skin care, promotes a strong respiratory system, can aid in healthy metabolism, liver function, and circulation.

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 pregnant or nursing, please consult with your physician before using.

Always avoid contact with eyes.

Aromatic Description

Licorice, sweet, honey

Collection Method

Steam Distillation

Plant Part

Seed

Main Constituents

Myrcene, fenchol, a-pinene

Description

In Medieval times, Fennel was known as “Fenkle” and was a very popular herb. The history of Fennel goes back to ancient times when Roman soldiers were known to have used Fennel to promote courage and strength to prepare them for battle. Fennel has a distinct licorice aroma and taste, but is also able to aid in healthy digestion. Fennel can be added to water to fight cravings as it gives you a “full” feeling. Fennel aids in healthy metabolism, liver function, and circulation.

Uses

- Diffuse to boost courage and strength in the face of adversity
- Add one drop to water to support healthy respiratory function
- Add one drop to water or tea to fight cravings
- Add to base cream for general skin care, clearing oily skin, and fighting wrinkles
- Add 1-2 drops in veggie caps to aid in digestion

Properties

aperitif, antiseptic, antispasmodic, carminative, depurative, diuretic, emmenagogue, expectorant, galactagogue, laxative, stimulant, stomachic, splenic, tonic and vermifug

**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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