



ANISE STAR Essential Oil



Botanical Name: *Illicium verum*

Main Constituents:

Anethole: ≥ 87.0%

Plant Part: Seeds

Origin: China

Processing Method: Steam Distilled

Description / Color / Consistency: A light colorless to pale yellow liquid.

Aromatic Summary / Note / Strength of Aroma: Anise Star has a powerful and licorice-like scent, giving a strong top note.

Product Abstract: A small to medium evergreen tree of the magnolia family, reaching up to 8m (26ft). The fruits are harvested before they ripen, then sun dried. Tough-skinned and rust colored, the seed pods measure up to 3 cm long. The Japanese plant this tree in their temples and on tombs, and use the pounded bark as incense. This essential oil may solidify, and if so, must be heated to be brought back to a liquid state. This attests to the purity of the oil.

Anise Star Essential Oil has an aroma similar to black licorice. Star Anise Oil can be useful in diffuser and inhaler blends intended to help ease bronchitis, colds and the flu.

Anise Star Essential Oil may also be helpful in aromatherapy blends that are intended to help digestion and muscular aches or pains.

Star Anise Oil (*Illicium verum*) is sometimes confused with Anise Oil (*Pimpinella anisum*) because both have similar names, both possess a similar aroma and both have similar, but not completely identical properties.

Star Anise Essential Oil Uses

Digestive discomfort: Anise seed is known to promote digestion and to have an antispasmodic effect. It can also be used with Peppermint for reducing nausea (remember to avoid Anise with pregnant women). In blends for digestive dysfunction, Anise works well with Ginger and distilled Lime.

Respiratory: Another great use of this oil is for a spasmodic cough due to a cold or the flu. It can be blended with oils high in esters, such as Roman Chamomile or Clary Sage, for a great antispasmodic effect. It also blends well with Ginger for respiratory support.

Menstrual dysfunctions: In cases of amenorrhoea and dysmenorrhoea, Anise can stimulate menstrual flow and alleviate discomfort. Try blending it with Sweet Fennel, Rose, or Clary Sage. Do not use on clients who experience heavy bleeding.

General Safety Information



Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.

Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

NOTE: This oil may form crystals during transit or storage. Gentle warming in a hot water bath and stirring may be required.

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).