



## CINNAMON BARK Essential Oil



**Botanical Name:** *Cinnamomum zeylanicum*

**Main Constituents:**

Cinnamaldehyde: 55-75%

**Plant Part:** Bark

**Origin:** Madagascar

**Processing Method:** Steam Distilled

**Child Safe:** No

**Description / Color / Consistency:** A clear, yellow to brownish liquid.

**Aromatic Summary / Note / Strength of Aroma:** A middle note of strong aroma, it has a warm, spicy scent characteristic of cinnamon

**Product Abstract:** *Cinnamomum zeylanicum* originates in Sri Lanka. It is a tropical evergreen tree of the laurel family growing up to 15 m (45 feet) in the wild. The tree has a very thin smooth bark, with a light yellowish brown color and a highly fragrant odor. Its pleasant scent makes it, in small amounts, a spicy addition to creams, lotions and soaps.

The warm and intense aroma of Cinnamon Bark essential oil stimulates the appetite and ignites the senses. When pursuing sparks of creativity, softly inhaling Cinnamon Bark can usher in inspiration. It has a sweeter aroma than Cinnamon Leaf and is also a pleasing addition to natural household cleaners.

Aromatically, Cinnamon Bark Essential Oil is much richer in aroma than ground cinnamon. Cinnamon Bark Oil tends to be warming, stimulating and energizing. It blends well with many other essential oils especially oils in the wood, spice, citrus and mint families.

**Cinnamon** has a long history of culinary and medicinal uses. Its high aldehyde content makes it a useful antimicrobial and antiseptic. Cinnamon has been a highly prized commodity since antiquity and is one of the most recognizable scents in the world. Cinnamaldehyde is the main constituent in the bark oil. It is used in perfumery to give a blend lift and strength and is considered a mild fixative. The cinnamon bark is used for gastrointestinal problem, diarrhea, and gas. It is also used for stimulating appetite and to treat infections caused by bacteria and parasitic worms.

**Common Uses:** Airborne bacteria, bacterial infections, bites/stings, breathing, diabetes, diverticulitis, fungal infections, general tonic, stimulates immune system, infection, low libido, mold, pancreas support, physical fatigue, pneumonia, typhoid, vaginal infection, vaginitis, viral infections, warming to body (from *Modern Essentials by Aromatools* 8th edition).



**Cautions:** Dilute well before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes and mucous membranes should be avoided. This has phototoxic properties and exposure to the sun must be avoided after application to the skin.

#### **Safety Information**

Tisserand and Young indicate that both the bark and the leaf oil are low risk for mucous membrane irritation, may inhibit blood clotting and pose a drug interaction hazard. Cinnamon Bark Oil may cause embryotoxicity and is contraindicated in pregnancy and breastfeeding. There is a high risk of skin sensitization with the bark oil, and Tisserand and Young recommend a dermal maximum of 0.07% for the bark oil. For the leaf oil, Tisserand and Young recommend a dermal maximum of 0.6%.

**\*\*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.**

**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](#).