



Cassia Essential Oil



Botanical Name: *Cinnamomum cassia*

Main Constituents:

Cinnamic aldehyde: 85%

Plant Part: Leaves

Origin: China

Processing Method: Steam Distilled

Child Safe: See safety precautions below.

Description / Color / Consistency: With a medium to thicker viscosity, it is a transparent pale yellow to reddish liquid.

Aromatic Summary / Note / Strength of Aroma: Cassia Essential Oil has a pungent, warm scent from its 1% to 2% volatile oil that is mainly responsible for the spicy aroma. It is a strong top note.

Product Abstract: Also known as Bastard Cinnamon and Chinese Cinnamon, its first recorded use in China dates back to the Han Dynasty (200 BCE - 200 CE). In Exodus 30, 23, Moses was ordered to use both Cinnamon (Kinnamon) and Cassia (Qesia) together with Myrrh, Sweet Calamus and Olive Oil to produce a holy oil with which to anoint the Ark of the Covenant.

About Cassia Essential Oil

Cassia essential oil is one of the most universally loved essential oils. Its aroma has long been associated with comfort and calm. Conversely, the energizing “euphoria” of the essential oil is somewhat reminiscent of walking into an aromatic bakery. It can be both uplifting and soothing. This comforting oil is spicy, zesty, sweet and heady.

When diluted and applied topically, Cassia can help soothe the body. Cassia oil can be used in cooking either as a replacement for cinnamon in pies and breads or by itself in a myriad of entrees and desserts.

Resembling Cinnamon Bark Essential Oil in aroma, Cassia Bark Essential Oil is sometimes used as an economical substitute within fragrancing applications.

Cassia Oil Benefits and Uses

- Fragrancing
- Indigestion
- Gas
- Colic
- Diarrhea
- Rheumatism



- Cold/Flu

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.

Safety Information

Tisserand and Young caution that there is a high risk of skin sensitization when using Cassia Oil (the bark or leaf oil) and recommend a dermal maximum of 0.05%. They indicate that it may inhibit blood clotting and that it is contraindicated in pregnancy/breastfeeding. Avoid use with children under 2. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, *Essential Oil Safety* (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 235.]

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.

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](#).