



FENNEL Sweet Essential Oil



Botanical Name: *Foeniculum vulgare dulce*

Main Constituents:

Anethol: 71.9%

Fenchone: 13.6%

Limonene: 4.9%

Plant Part: Seeds

Origin: Hungary

Processing Method: Steam Distilled

Child Safe: No

Description / Color / Consistency: A thin, clear to pale yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A top note with a medium aroma, Fennel Sweet Essential Oil has a similar to that of black licorice.

Product Abstract: Also known as Common Fennel, Fennel is an erect growing perennial herb native to southern Europe and the Mediterranean area. Reaching a height of 1.5 meters (approximately 4.5 feet), the plant has yellow flowers. Bitter Fennel was known as fenkle in the Middle Ages, from the Latin foenum meaning 'hay'. The ancients believed it gave one longevity, courage and strength, as well as warded off evil spirits.

Therapeutic Properties

Anti-inflammatory: *Trans*-anethole has anti-inflammatory properties (de Cássia da Silveira e Sá *et al.* 2014).

Antibacterial: Fennel oil is active against a wide range of organisms, including Gram-positive and Gram-negative bacteria. *Trans*-anethole is an active constituent (Gulfraz *et al.* 2008).

Antiemetic: Traditionally, Fennel seeds were used as a digestive aid. Anecdotal evidence suggests that the essential oil can reduce the severity of nausea and vomiting.

Antifungal: Sweet Fennel oil has antifungal activity. It is active against some dermatophytes (Patra *et al.* 2002). The essential oil was notably active against *Candida albicans*; *trans*-anethole was named as an active constituent (Gulfraz *et al.* 2008).

Antispasmodic: Sweet Fennel oil has a direct, relaxing effect on the uterine muscle (Ostad *et al.* 2001). It contains substantial amounts of *trans*-anethole, which is credited with antispasmodic actions (Albuquerque *et al.* 1995).



Carminative: Traditional medicine makes use of Fennel seeds' antispasmodic and carminative properties.

Diuretic: Fennel has long been used as a diuretic, and to combat hormone-related fluid retention. When used with massage, diuretic-like effects can be observed.

Emmenagogue: *Trans*-anethole probably has estrogenic effects (Tisserand and Young 2104), and has antiplatelet activity, a clot destabilising effect and vasorelaxant action (Tognolini *et al.* 2007). It should be used with caution by women who have a heavy menstrual flow.

Expectorant: Antispasmodic actions (Albuquerque *et al.* 1995) can alleviate bronchial spasm, and bronchodilatory and mucolytic actions have been observed. These properties combined may contribute to Fennel's expectorant action.

Tonic: Nagai *et al.* (1991) reported that the inhalation of Sweet Fennel essential oil can produce a decrease in mental stress, fatigue, and depression.

Sweet Fennel Essential Oil contains approximately 70-80% *trans*-Anethole (an ether) and is known for its ability to assist with digestive and menstrual concerns and for its diuretic, mucolytic and expectorant properties.

It has been said by some that Fennel Essential Oil can help balance fluid retention and may help curb the appetite, and therefore, may be helpful in inhalation blends to support weight loss.

Cautions: This Essential Oil has phototoxic properties and exposure to the sun must be avoided after application to the skin. Due to their presence, please consult a physician prior to using this oil. Dilute well before use; 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.

Safety

Non-toxic, non-irritant and non-sensitizing. Always test a small amount first for sensitivity or allergic reaction.

Fennel essential oil is a narcotic when ingested in larger doses and therefore it is recommended to use in very low concentrations. For internal use, we recommend consulting a physician.

DO NOT USE if you are pregnant or epileptic.

Fennel essential oil may stimulate estrogen production and increase lactation, as well as act as a stimulant to the lymphatic, circulatory and digestive systems. It may also act to break up and flush out toxins, cleansing the tissues. Therefore, it is **CONTRAINDICATED FOR ESTROGEN-MEDIATED CANCERS**.

Note: There is a Bitter fennel oil which causes sensitization and should not be used on the skin at all.



****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](#).