



Cinnamon Essential Oil

DESCRIPTION: Highly prized by the ancients, the source of this spice was kept secret for centuries. Diffuse this warm aroma to create a comforting and inviting environment.

TOP AROMATHERAPY BENEFITS: comfort • warm • enliven

AROMA: Spicy & Warm

BLENDS WITH: Clove, Ginger, Orange

INGREDIENTS: Cinnamomum zeylanicum (cinnamon) leaf oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a comforting and invigorating aromatherapy experience.

Massage

Add 1-2 drops to carrier oil and use for a stimulating massage.

Shampoo Boost

Add a few drops to small amount of your shampoo to encourage growth and add shine to hair.

Lip Gloss

Combine with carrier oil and apply to lips to naturally plump lips and stimulate natural rosy color.

Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for an invigorating DIY sugar scrub.

Surface Cleaner

In a spray bottle combine 7 drops cinnamon and 7 drops orange oil, 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Healthy Home

Combine with orange and/or clove oil and diffuse when seasonal threats are high.

Refresh Potpourri

Add a few drops to refresh your potpourri.

Encourage Metabolism

Combine with a carrier oil and apply to wrists and chest when dieting and exercising.

Healthy Eating Habits

Dilute with carrier oil and apply to pulse points when trying to avoid sugar and overeating.

Encourage Relaxation

Add to carrier oil and apply to temples and/or neck to encourage relaxation when experiencing head tension.

Combine with carrier oil and ginger or peppermint and apply to stomach to encourage relaxation when experiencing bloating or indigestion.

DIY AROMATHERAPY BLENDS:

Afternoon Pick-me-up: Cinnamon + Peppermint + Rosemary

Cleanse: Cinnamon + Lemon + Rosemary

Comfort: Cinnamon + Ginger + Orange

Curb Cravings: Cinnamon + Ginger + Grapefruit + Peppermint

Get Well Soon: Cinnamon + Clove + Ginger + Orange

Healthy Home: Cinnamon + Clove + Eucalyptus + Orange + Rosemary

Holiday Season: Cinnamon + Canadian Fir + Orange

Home Sweet Home: Cinnamon + Orange

Spicy Romance: Cinnamon + Ylang Ylang