

# Cinnamon Bark

CINNAMOMUM ZEYLANICUM

Two different types of essential oil are extracted from the cinnamon plant. Cinnamon leaf oil is more commonly used for therapeutic purposes in aromatherapy. Cinnamon bark oil is not generally recommended for use on the skin. Both are used for fragrance and flavoring in food, drinks, toiletries, and pharmaceutical products.

## COUNTRY OF ORIGIN

China, Southeast Asia, India

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Bark

## BOTANICAL FAMILY

Lauraceae

## CHEMICAL FAMILY

Mainly cinnamaldehyde (40-50%), eugenol and others

## AROMA

Warm, pleasant, spicy scent

## NOTE

Base-Middle

## SAFETY

- Dermal toxin and irritant – use with extreme care
- May irritate mucous membranes if directly inhaled
- Not recommended for use during pregnancy or while nursing.
- Avoid use on children under five.

Cinnamon bark oil may be diffused or applied topically to the skin – however, you must ensure it is well diluted in carrier oil due to its high phenol content (1 drop essential oil to 40-50 drops carrier oil). Alternatively, use cinnamon leaf oil – which offers the same medicinal properties while being relatively non-toxic.

## THERAPEUTIC PROPERTIES

ANTIMICROBIAL	ANTICOAGULANT	DIGESTIVE
ANTI-INFECTIOUS	ANTIDEPRESSANT	EMMENAGOGUE
ANTIBACTERIAL	ANTI-DIARRHEAL	STIMULANT
ANTISEPTIC	ANTISPASMODIC	STOMACHIC
ANTI-INFLAMMATORY	APHRODISIAC	ANTIOXIDANT
ANTIVIRAL	ASTRINGENT	ANTIVIRAL
ANTIFUNGAL	CARMINATIVE	

## BODY SYSTEMS

CIRCULATORY

HEART ISSUES AND CHOLESTEROL

DIGESTIVE

DIGESTIVE ISSUES

ENDOCRINE

BLOOD SUGAR

INTEGUMENTARY

NAIL INFECTIONS, ORAL HEALTH

LIMBIC

DEPRESSION AND EXHAUSTION



## BODY SYSTEMS (CONT.)

### MUSCULAR

MUSCLE SPASMS AND STRAINS

### NERVOUS

NERVOUS EXHAUSTION

### REPRODUCTIVE

VAGINAL HEALTH

### RESPIRATORY

COLDS AND FLU

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