

Fennel

FOENICULUM VULGARE

Sweet Fennel is an erect perennial herb with yellow flowers, is native to Southern Europe, and can reach up to 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 Ancient Roman warriors believed it gave one longevity, courage, and strength, as well as warded off evil spirits.

COUNTRY OF ORIGIN

Southern Europe

EXTRACTION METHOD

Steam Distillation

PLANT PART

Seeds

BOTANICAL FAMILY

Umbelliferae

CHEMICAL FAMILY

Monoterpenes, Ketones, Esthers

AROMA

Exotic and Sensual, Herbaceous, Sweet, Warm and Radiant

NOTE

Middle

SAFETY

- Dilute for topical application.
- May cause skin sensitivity.
- Avoid use during pregnancy and with children under 5 years old.
- Avoid use with epileptics.

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 should be avoided. It should be used briefly and only at a 1% dilution. According to the Essential Oil Safety book by Robert Tisserand, this oil is not considered phototoxic.

THERAPEUTIC PROPERTIES

Fennel Essential Oil has been found to aid with digestion and helps to relieve flatulence, indigestion, and digestive discomfort. Sweet Fennel contains the chemical trans-anethole (ether) and should not be used by pregnant or breastfeeding women.

ANTIEMETIC	EXPECTORANT	MUCOYTIC
ANTISPASMODIC	ANTISEPTIC	DIGESTIVE
CARMINATIVE	TONIC	ANTI-INFLAMMATORY
DIURETIC	ANALGESIC	GALACTAGOGUE
EMMENAGOGUE		

BODY SYSTEMS

CIRCULATORY

HEART BOOST

DIGESTIVE

NAUSEA AND FLATULENCE

LIMBIC

WITHDRAWN & STUCK FEELING

LYMPHATIC

EDEMA AND FLUID RETENTION

MUSCULAR

CRAMPS AND SPASMS



BODY SYSTEMS (CONT.)

REPRODUCTIVE

MENSTRUAL ISSUES AND PMS

RESPIRATORY

COUGH AND CONGESTION

SKELETAL

GOUT

REFERENCES:

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3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
4. NAHA [HTTPS://NAHA.ORG/EXPLORE-AROMATHERAPY/SAFETY/GENERAL-SAFETY-GUIDELINES](https://naha.org/explore-aromatherapy/safety/general-safety-guidelines)
5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS