

LabAroma.

Name	Latin Name	Origin
Cinnamon Bark	Cinnamomum verum (Synonym: Cinnamomum zeylanicum)	Madagascar
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$28	
Part of plant	Safety note	Conservation Status
Bark	To be used carefully on the skin as it can cause burning and blistering along with skin sensitization and contact dermatitis. When using in a skin blend, only use 1 drop Per 40 ml. Not to be used during pregnancy or while nursing or with children under five.	No status of concern Not listed with a conservation status.

Profile

Care is needed with cinnamon bark. This essential oil is rich in aldehydes, and particularly cinnamaldehyde. While many aldehydes are cooling, cinnamaldehyde is hot and stimulating, making this essential oil almost impossible to use on the skin as it will most likely have a burning effect on most people.

• ☐ Aldehyde rich

Therapeutic Properties

- Antibacterial
- Anti-fungal
- Antimicrobial
- Antiviral
- Immune support
- Nervine
- Often used in vaporizers blends and for its aroma and powerful purifying qualities.
- Supports a healthy immune system.
- Emotionally grounding and restorative. This essential oil inspires courage and can offer emotional protection during particularly challenging times.
- Cinnamon bark essential oil is incredibly uplifting and can gently improve morale.

Synergy

Energetics

Energetics

Offered to the Gods & Goddess's as a sacred offering, and part of the ancient incense Kyphi (Goldsmith, 2020) Inducing sensuality, it is an important remedy for cold & weakness on a soul level.

Energy

warm to hot.

Five Element Affinity

Five Element Affinity - Earth, Water

References

(Goldsmith, 2020)

Scent Notes	Psychological rankings	Physical rankings	
Middle	Sensual	2	Digestive 2
	Energising	3	Immune/Infection 3
Ingredient notes			

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Chemical families

aldehydes	38.85%
monoterpenes	17.79%
sesquiterpenes	12.58%
monoterpenols	4.95%
esters	4.93%
phenols	1.91%
oxides	0.88%
sesquiterpenols	0.51%
ketones	0.46%

Complete chemical breakdown

aldehydes

e-cinnamaldehyde	37.08%
tetradecanal	0.48%
cinnamaldehyde	0.43%
benzaldehyde	0.42%
unidentified aldehyde	0.38%
decanal	0.06%

monoterpenes

p-cymene	4.28%
α -pinene	2.73%
d-limonene	2.43%
α -terpinene	2.02%
α -phellandrene	1.73%
camphene	1.22%
b-pinene	1.03%
α -thuyene	0.63%
styrene	0.48%
sabinene	0.3%
γ -terpinene	0.24%
b-myrcene	0.22%
terpinolene	0.18%
cis-b-ocimene	0.15%
d-3-carene	0.15%

sesquiterpenes

b-caryophyllene	10%
α-coplanene	1.29%
α-humulene	0.91%
α-curcumene	0.2%
cadinene	0.18%

esters

cinnamyl acetate	3.67%
benzyl benzoate	1.06%
benzene propanol acetate	0.2%

oxides

caryophyllene epoxide	0.69%
sesquiterpenic epoxide	0.19%

ketones

unidentified ketones	0.24%
jasmone	0.12%
camphor	0.1%

monoterpenols

linalool	3.02%
cis-piperitol	0.91%
α-terpineol	0.83%
borneol	0.19%

phenols

eugenol	1.91%
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sesquiterpenols

cinnamic alcohol	0.31%
cadinol	0.2%
