



Name	Latin Name	Origin
Fennel Sweet	Foeniculum Vulgare	Egypt
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$13	
Part of plant	Safety note	Conservation Status
Seeds	<ul style="list-style-type: none"> • To be used only for the short term and at a maximum of 2.5%. • Not to be used with children under 5 years of age. • Contraindicated for pregnancy and breastfeeding. Not advisable to use during labor, especially if it is progressing slowly. • Prone to oxidation 	<p>No status of concern</p> <p>Not listed with a conservation status.</p>

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Ether rich 	<ul style="list-style-type: none"> • Anti-inflammatory • Antibacterial • Antiemetic • Antifungal • Antioxidant • Antispasmodic • Carminative • Diuretic • Helps when treating hot sweats • A tonic to the digestive system • Calming to indigestion, hiccups, and nausea • Supports the lungs and the respiratory tract • Known to support metabolism, liver function, and circulation • Emotionally, Fennel essential oil calms and encourages. This essential oil is often used to encourage greater self-expression and mental clarity. • Fennel essential oil is known to help foster effective communication and can give us the courage to initiate brave conversations when they need to take place.

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy</p> <p>trans-Anethole (analgesic, antifungal, anti-inflammatory, antioxidant, antispasmodic, antithrombotic, an-</p>	

tiviral, cholinesterase inhibitor, gastroprotective, sedative, vasorelaxant).

1st essential oil synergy combinations

Best used with oils that do not contain this component

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2nd component synergy

d-Limonene, fenchone, estragole, α -pinene (analgesic, antihypertensive, anti-inflammatory, antimicrobial, antinociceptive, antiobesity, antioxidant, antispasmodic, antitumoral, anxiolytic, hepatoprotective, immunostimulant, skin penetration enhancer, stimulant of autophagy, vasorelaxant, wound healing) .

1st essential oil synergy combinations

angelica root, combava peel, black pepper, dwarf pine, grapefruit, juniperberry, lemon, lime, mandarin, may chang, myrtle, Norwegian spruce, sweet orange, white spruce .

2nd essential oil synergy combinations

cistus, labdanum, Port Orford cedarwood, Scots pine .

Potential psychological therapeutic solutions

Mental fatigue: black pepper, grapefruit, lemon, lime, Norwegian spruce, rosemary, white spruce

Low mood: cardamon, combava peel, coriander seed, labdanum, lime, mandarin, sweet orange, rose.

Potential psychological therapeutic solutions

Dermatophytosis: bergamot mint, blue cypress, cape may, cistus, geranium, ghandi root, juniperberry, lemon scented tea tree, lemongrass, may chang, myrrh, palmarosa, plai, Port Orford cedarwood, sage CT 1,8-cineole, Utah juniper, Virginian cedarwood, white spruce, thyme ct geraniol

Digestive colic, cramps, spasm: angelica root, basil ct linalool, caraway, clary sage, coriander seed, peppermint, Roman chamomile, ginger, coriander seed, caraway, galangal, ginger, grapefruit, lemon, lime mandarin, spearmint, thyme ct linalool, turmeric

Dysbiosis: bitter orange, caraway, lavender

Dysmenorrhea: angelica root, clary sage, geranium, juniperberry, Roman chamomile, sweet marjoram, taragon, plai

Musculoskeletal pain, inflammation, spasm, tension: angelica root, basil ct linalool, black pepper, combava peel, geranium, ginger, juniperberry, lavender, Scots pine, sweet marjoram

Respiratory congestion, bronchial spasm, coughs: dwarf pine, Eucalyptus species (1,8-cineole types), frankincense, galangal, ginger, lemon, Norwegian spruce, rosalina, rose, rosemary ct 1,8-cineole and bornyl acetate, Scots pine, white spruce, yuzu

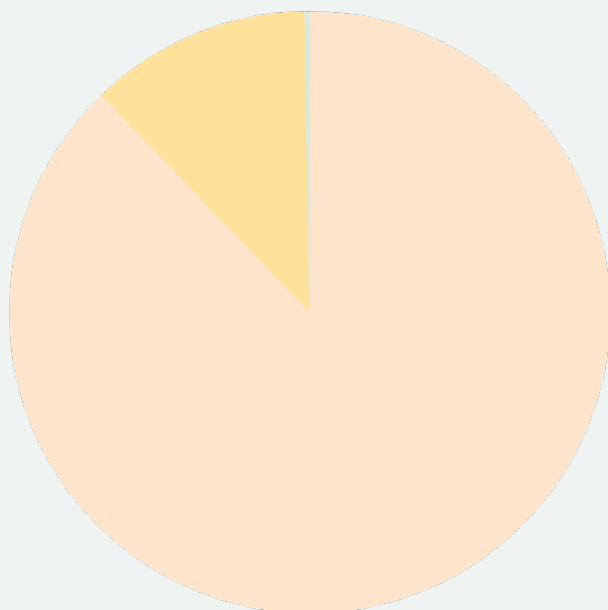
References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon

Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Middle	Balancing	1	Circulatory/Lymphatic	2
	Sensual	1	Digestive	3
	Energising	2	Neurological	1
				Reproductive
			Respiratory	1

Ingredient notes



Chemical families

ethers	87.28%
monoterpenes	11.86%
ketones	0.27%

Complete chemical breakdown

ethers

anethole	84.56%
methyl chavicol	2.72%

monoterpenes

d-limonene	3.71%
α -pinene	3.4%
α -phellandrene	2.39%
b-pinene	1.1%
b-myrcene	0.73%
camphene	0.33%
cis-b-ocimene	0.2%

ketones

camphor	0.27%
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