



PRODUCT DESCRIPTION

Cinnamon Bark was used in ancient times for embalming, as incense in temples, and as a sedative during childbirth. It is one of the oldest oils used for medicinal purposes, and its usage has been found in texts dating from 1550 BC. It was an important trade commodity between China, India and Egypt. The word “Cinnamon” is derived from the Greek “Kinamomon” meaning pipes or tubes.

Cinnamon Bark and leaf oil originated mostly from the tropical regions of Asia, but can now be found in almost every tropical region in the world. It has always featured prominently in all traditional medicines.

PRIMARY BENEFITS AND SAMPLE USES

- » Popular for flavouring food items
- » Helps stimulate digestion
- » Helps balance blood sugar levels
- » Helps in relieving aches and pains
- » Dilute and diffuse in the air to freshen and disinfect
- » Cinnamon Bark is famous as a sexual stimulant and is mostly blended with massage oils

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the Purely diffuser.

Topical: Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Clove, Frankincense, Walk the Lime™, Ylang Ylang, Eucalyptus and Rosemary

COUNTRY OF ORIGIN Madagascar

EXTRACTION METHOD Steam distillation



DIFFUSION



TOPICAL



STEAM



INGEST



SENSITIVE

DILUTION TABLES

| Drops of EO for 1 tsp. of carrier oil | |
|---------------------------------------|---|
| 1% | 1 |
| 2% | 2 |
| 5% | 5 |

SKU# 1040
retail: \$49

CINNAMON BARK

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



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