

Cinnamon

Related Products

- Terminator Blend
- Clove Bud
- Thyme, white
- Witch Hazel
- Grapefruit Seed Extract

General Properties

- antimicrobial
- antiseptic
- antispasmodic
- astringent
- carminative
- digestive
- insecticidal
- stimulant

Description

Cinnamon is derived from a tree by the steam distillation of the leaves and twigs. Some of its countries of origin are Sri Lanka, India and Madagascar.

Cinnamon is a warming and stimulating oil, making it great for helping to improve circulation when used in a massage oil (due to its ability to irritate the skin use only 1/2% dilution for massage). It can be used to help with arthritic and rheumatic conditions (due to the warming action and increase in circulation).

This is not an oil to be taken lightly. This oil carries with it antiseptic and parasitidal properties. In an inhalation or as a room spray, Cinnamon can help disinfect the air or breathing passages. On skin that has lice or scabies this oil may help to destroy these parasites when applied topically. An excellent oil to use as a room fragrance, especially at Christmas time (smells great when mixed with Clove and Bitter Orange!).

Some of its chemical components are eugenol, eugenol acetate, cinnamaldehyde, and linalol. Cinnamon also blends well with Caraway, all citrus oils, Myrtle and Nutmeg.

Specific Cautions

Cinnamon is highly irritating to the skin. Not recommended for massage. High doses can cause convulsions. Avoid during pregnancy.

References

Information about this essential oil came from the following sources:

1. Worwood, Valerie Ann. *The Fragrant Pharmacy*. (Toronto: Bantam Books, 1990)
2. Davis, Patricia. *Aromatherapy: An A-Z*. (United Kingdom: Saffron Walden, 1988)
3. Tisserand, Robert and Tony Balacs. *Essential Oil Safety*. (Edinburgh: Churchill Livingstone, 1995)