

## Cinnamon Leaf – *Cinnamomum zeylanicum*

**Code:** T141      **Vol:** 10ML

**Country of Origin:** Sri Lanka

### About the oil

**Distilled From:** The partly dried leaves and twigs.

**Aroma & appearance:** Warm, spicy & sweet. Yellow to brownish-yellow.

#### Some beneficial ways of enjoying the oil:

- Cinnamon has a warming and spicy aroma, which blends wonderfully with the citrus oils and other spices such as Clove or Nutmeg. To create the perfect atmosphere over the festive season blend 1 drop of Cinnamon Leaf, 1 drop of Clove Bud and 3 drops of Mandarin in a burner or diffuser.
- To help lift your spirits if you are feeling under the weather try 1 drop of Cinnamon Leaf, 2 drops of Ylang Ylang and 2 drops of Sweet Orange and use in a diffuser.

This slightly pungent oil, distilled from the partly dried leaves and twigs of *Cinnamomum Zeylanicum*, is often used in perfumery for its warm, spicy, "oriental" notes. It has a high level of Eugenol (80-90%), which may cause skin irritation, especially in baths, and thus it is sold only for use in a burner or diffuser, unless otherwise advised by a qualified aromatherapist.

#### Did you know?

Once regarded as a precious substance, especially for the use as temple incense

**Key Search words:** Warming, spicy, Invigorating, stimulating, and winter ailments

#### Safety Data

May irritate the skin or mucous membrane, not suitable for use in pregnancy.

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