

Fennel, Sweet – *Foeniculum vulgare var.dulce*

Code: T110 **Vol:** 10ml

Country of Origin: E. Europe

About the oil

Distilled From: Steam distillation from the seeds.

Aroma & appearance: Strong, sweet-spicy aniseed aroma. Colorless to pale yellow.

Some beneficial ways of enjoying the oil:

- Sweet Fennel, in the form of fennel tea, has long been used to reduce bloating and improve digestion. Try the following massage blend: 2 drops of Sweet Fennel, 1 drop of Bergamot and 1 drop of Lavender blended in 10ml of Sweet Almond oil. Massage into the abdomen, using clockwise strokes.
- Try soaking in a warm bath containing 1 drop of Sweet Fennel, 1 drop of Cypress and 3 drops of Patchouli, all diluted in a teaspoon of Peach Kernel oil, after a long session at the gym or to improve the appearance of cellulite.

A pale yellow oil with a sweet, aniseed odor. Not to be confused with Bitter Fennel, which should not be used in aromatherapy. This oil is distilled from seeds selected from several East European countries. Its main use outside aromatherapy is in flavorings for aniseed-type liquors, particularly in France.

Did you know?

Ancient Chinese tradition shows the use of fennel for a cure of snakebites.

Key Search words: Warming, Stimulating, eliminating,

Safety Data

Not to be used during pregnancy, by epileptics or those with high blood pressure. Use in moderation at all times.
