



CINNAMON

Plant/Part: Tree/Bud/Bark/Leaf (Source: Sri Lanka)

Latin Name: Cinnamomum zeylanicum

Family: Lauraceae

Extraction: Steam Distillation

AROMA: A lovely room fragrance, especially during Xmas

PROPERTIES: Anaesthetic, Antidontalgic, Antiseptic, Antputrefactive, Antispasmodic, Aphrodisiac, Astringent, Cardiac, Carminative, Emmenagogue, Escharotic, Haemostatic, Insecticide, Parasiticide, Sialogogue, Stimulant, Stomachic, Vermifuge. Warms and stimulates. A strong antiseptic, it has a cleansing effect. Used as a comforting oil during the cold season. Very strong antiseptic and has a tonic effect on the respiratory tract, eases colds through its very warming action by slightly raising body temperature,

indicated for influenza. Generally restores heat to the body. Eases breathing difficulties and restores the senses during fainting fits. as an excellent reputation for resisting viral infections and contagious diseases. Seems to have a spurring action on bodily fluids since it stimulates tears, saliva and mucous.

CHEMICAL CONSTITUENTS: Linalool (Alcohol), Benzaldehyde Cinnamic, Furfurol (Aldehyde), Eugenol, Safrole (Phenols), Cymene, Dipentene, Phellandrene, Pinene (Terpenes) .

PRECAUTIONS: Can cause skin irritation; moderate dermal toxicity.

BLENDS: Blends well with: Caraway, Citrus oils, Clove, Myrtle, Nutmeg.

Cinnamon is of great value to mankind. It is known for its antiseptic and antispasmodic properties. Usually yellow or brown in color, it is slightly oily in touch. The method used for oil extraction from cinnamon is steam distillation. Cinnamon has an earthy, woody and spicy aroma that makes it a popular choice amongst the other available essential oils. It makes an excellent astringent. It is said to be an awesome aphrodisiac. To know more about cinnamon essential oil use, read on.

Cinnamon has proved to be extremely effective in treating numerous diseases such as flatulence, rheumatism, exhaustion, low blood pressure, stress and constipation. Due to the multitude of health benefits that cinnamon oil offers, it has been witnessing increasing growth in its demand. The oil extracted from the bark can be a bit unsafe to use, therefore it is best to use the oil that has been taken out from the leaf.

Cinnamon essential oil is very useful in fighting cholesterol and indigestion problems. Cinnamon oil has at times been alleged for causing skin irritation. The fragrance of this oil is more suggestive of the aroma of clove rather than cinnamon. It can be ascribed to the presence of a larger amount of eugenol in it. These days, more and more people are going in for the cinnamon oil massage, which can be attributed to its soothing, comforting and soporific effects.