

## Product Summary

The warm, spicy aroma of cinnamon has been sought throughout the ages both as a valuable commodity and for its ability to improve wellness. Highly valued throughout history, it was a widely traded and precious spice among the early Arabian people, who traded it with the Greeks and Romans. The Egyptians used cinnamon for embalming and as incense.

Young Living cinnamon bark essential oil is steam-distilled from the bark and then meticulously tested to ensure that each batch meets our strict quality standards. Cinnamon is thought to promote healthy cardiovascular and immune function. Dilute with V-6 Vegetable Oil Complex or another high-quality oil and massage into chakras to create a soothing, relaxing sensation.

## Primary Benefits

- Supports digestive health and occasional gastric discomfort.
- Topical use supports skin cleansing.

## Who Should Use Cinnamon Bark essential oil?

- People looking to support digestion
- Individuals looking to support skin health

## Suggested Use

Topical: Apply to desired area. In case of sensitivity, dilute 5 drops in 10ml of V-6 vegetable oil. Dilution is strongly recommended, patch test prior to use.

## Key Ingredients

Cinnamon bark (*Cinnamomum zeylanicum*) essential oil

## Cautions

- Keep out of reach of children.
- Avoid contact with eyes and mucous membranes.
- Not for internal use.
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.



## Did You Know?

- It takes approximately between 225 - 250 grams of cinnamon bark material to produce one 5ml bottle of essential oil.
- Cinnamon is a principle component of Young Living Thieves blend.
- The major constituent of cinnamon bark oil is Cinnamaldehyde.

## Goes well with

- V6 Enhanced Vegetable Oil Complex
- Thieves Essential Oil Blend
- Lemon Essential Oil

## Product Information

Cinnamon Bark Essential Oil 5ml 351508