

Cassia

Cinnamomum cassia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP TG Certified Pure Therapeutic Grade®

Application: **Plant Part:**



Bark

Extraction Method:

Steam distillation

Aromatic Description:

Warm, spicy, cinnamon

Main Chemical Components:

Cinnamaldehyde

PRODUCT DESCRIPTION

A close relative to Cinnamon, Cassia has a strong, spicy aroma that can be used in small quantities to transform any essential oil blend. Cassia has been used for thousands of years to maintain physical health and promote emotional well-being. It's one of the few essential oils mentioned in the Old Testament, noted for its unmistakable fragrance and calming properties. Cassia is a "warming" oil that helps promote circulation while maintaining healthy immune function. It can also aid in digestion, lessen nausea, and is a great oil to diffuse during cold months due to its warming properties and spicy scent. Due to its caustic nature, Cassia should be diluted with dōTERRA Fractionated Coconut Oil when applied to the skin and can be very strong when inhaled directly. When diluted, Cassia can help soothe sore, achy joints. Cassia can be used in cooking either as a replacement for Cinnamon in pies and breads or by itself in a myriad of entrees and desserts.

USES

- Add one drop to citrus blends or diffuse with Clove and Ginger during Fall and Winter.
- Take one to two drops in veggie capsules for added immune support when seasonal threats are high.
- Combine one drop with dōTERRA Fractionated Coconut Oil and apply to sore, achy joints.
- Combine one to two drops along with Lemon in a glass of water to aid digestion or ward off hunger cravings.

PRIMARY BENEFITS

- Promotes healthy digestion
- Supports healthy immune function
- Warming, uplifting aroma

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with dōTERRA Fractionated Coconut Oil then apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Part Number: 30020001

Wholesale: \$19.00

Retail: \$25.33

PV: 19.00

