### Cassia Cinnamomum cassia 15 mL

# dōTERRA

**PRODUCT INFORMATION PAGE** 



**CPTG**<sup>™</sup>

## Application:

Plant Part: Bark Extraction Method: Steam distillation Aromatic Description: Warm, spicy, cinnamon Main Chemical Components: Cinnamaldehyde, cinnamyl acetate

#### **PRIMARY BENEFITS**

- Promotes a sense of well-being.
- Warming, uplifting aroma.

#### PRODUCT DESCRIPTION

A close relative to Cinnamon, Cassia has a strong, spicy aroma. It's one of the few essential oils mentioned in the Old Testament, noted for its unmistakable fragrance. Cassia is a "warming" oil which makes it a great oil to diffuse during cold weather. Due to its caustic nature, Cassia should be diluted with doTERRA Fractionated Coconut Oil when applied to the skin and can be very strong when inhaled directly. Cassia can also be used in cooking as a replacement for Cinnamon in many recipes.

#### USES

- Add one drop to citrus blends or diffuse with Clove and Ginger during fall and winter.
- Add to your favorite pie and bread recipes.

#### **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: 30021813 Wholesale: \$20.14 Retail: \$26.85 PV: 20.14

