

# CINNAMON BARK

*Cinnamomum verum var. zeylanicum*



Plant Family:  
Lauraceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Bark



**Region of Origin:**  
Sri Lanka

## AFFINITY FOR:

enhances the properties of other essential oils, circulatory system, root chakra, sacral chakra, astral body

## THERAPEUTIC PROPERTIES:

stimulant, antiseptic, antibiotic, antiviral, antiputrescent, analgesic, antispasmodic, emmenagogue

## AROMATIC CONSIDERATIONS:

Cinnamon is very strong, perhaps too strong to be diffused by itself. As part of a blend such as <sup>Le</sup>Deliverance, it diffuses very well, and would certainly be effective against a wide range of microbes.

## APPLICATION:

Cinnamon Bark is a very strong oil. It must be diluted well before being applied to the body or feet.

## ! CAUTIONS:

Cinnamon oil is best used in low doses or as part of a blend of essential oils. Cinnamon is too strong for use in the tub or shower. It should be used cautiously with children and people with sensitive skin.

## INGREDIENT IN:

<sup>Le</sup>Bountiful, <sup>Le</sup>Deliverance, <sup>Le</sup>Deliverance Plus, <sup>Le</sup>Energy, <sup>Le</sup>Focus, <sup>Le</sup>Fortitude, <sup>Le</sup>Holiday Spirit, <sup>Le</sup>Intensity, <sup>Le</sup>Inner Peace, <sup>Le</sup>Journey, <sup>Le</sup>LiteN, <sup>Le</sup>Moonlight, <sup>Le</sup>SpiceC

## EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The aroma of Cinnamon seems to reach deeply into our souls, asking hard questions and bringing deep issues to the surface. Situations and questions we have left unresolved are brought back to our attention. If we choose to deal with them we will be able to move forward toward healing and peace. Cinnamon can provide courage to look into the darker places in ourselves, as well as sufficient courage to look squarely at each situation in our lives. If you feel that your heart and emotions have gone cold and are buried deep inside, Cinnamon will warm them up and help you bring them into the light.

## PHYSICAL ASPECTS:

Cinnamon Bark essential oil has very specific purposes and applications. 1) It is a very powerful antimicrobial. Virus spores, bacteria, and fungus cannot live in the presence of this oil. Cinnamon is effective for all types of infections. 2) Cinnamon oil enhances the action and activity of other oils with which it is combined, creating synergistically amazing combinations. 3) Cinnamon carries oxygen into the cells. It is stimulating and toning to the entire body. Cinnamon is of particular benefit to the circulatory system. Cinnamon, preferably in a blend, should be used for arthritis, muscular aches and pains, coughs, and colds. 4) Cinnamon aids the body in the regulation and utilization of insulin.

## GENERAL INFORMATION:

Cinnamon is part of the formula the Lord gave Moses (recorded in Exodus 30: 22-27).