

# Cassia Bark Essential Oil

## Botanical Name

Cinnamomum cassia

## Strength of Initial Aroma

Sharp and Strong

## Aromatic Description

Spicy sweet earthy woody aroma

## Blends Well With

Other sweet, earthy aromas and citrus oils

## Cassia Bark Essential Oil Uses

- Perfumery/Fragrancing
- Indigestion
- Gas
- Colic
- Diarrhea
- Rheumatism
- Cold and Flu

Sources: [www.aromaweb.com](http://www.aromaweb.com) Cassia Bark EO Monograph

## Cassia Bark Essential Oil Safety Information

*Tisserand and Young caution that there is a high risk of skin sensitization when using Cassia Oil (the bark or leaf oil) and recommend a dermal maximum of 0.05%. They indicate that it may inhibit blood clotting and that it is contraindicated in pregnancy/breastfeeding. Avoid use with children under 2. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 235.]*

*This essential oil poses a higher risk of causing irritation and sensitization when used in the bath. Avoid using it in the bath, even if it is solubilized/diluted.*

*As cited per [www.aromaweb.com](http://www.aromaweb.com) Cassia Bark EO Monograph*

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.