



Cinnamon Essential Oil

*by
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Find out more at www.reformedbohemian.com



Cinnamon Essential Oil

Cinnamon bark has a strong spicy sweet scent. It's good for the digestive system and rheumatism and arthritis and more.

About Cinnamon

Cinnamon barks essential oil's benefit lies in its toning and calming effect on the respiratory tract and the nervous system. It is particularly effective in easing the symptoms of colds and flu

It also calms the digestive system thanks to its carminative properties which can help soothe conditions such as IBS.

With its analgesic and anti-inflammatory properties it's also exceptionally effective in soothing the symptoms of conditions such as rheumatism and arthritis as well as menstrual pains.



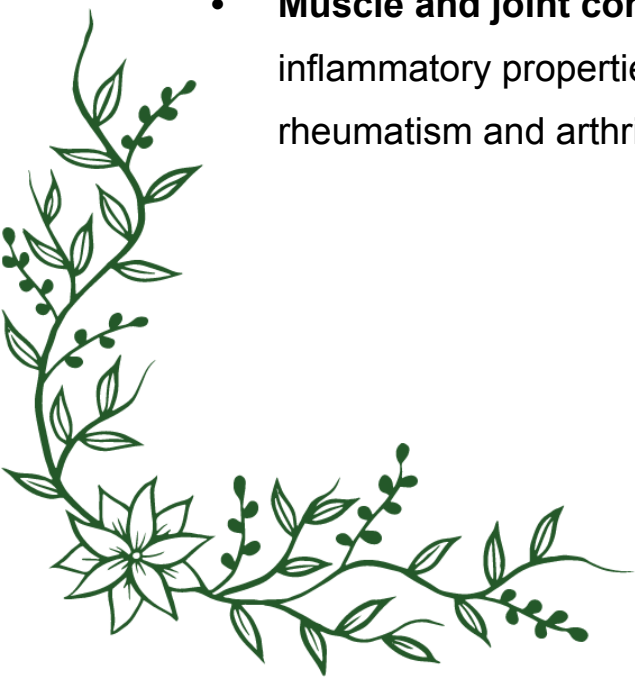
Healing Properties Of Cinnamon Essential Oil

Cinnamon is one of the most versatile oils and has the following healing properties:

Properties

Anti-bacterial, anti-fungal, anti-diabetic and antioxidant.

- **Respiratory tract infections** – with its anti-inflammatory and analgesic properties it calms and soothes conditions such as asthma, bronchitis, colds and flu thanks to its calmative properties.
- **Mood** – Cinnamon is an uplifting oil that can help to boost the mood and lift feelings of depression, it's calming and stress relieving.
- **Menstrual pain** - it's analgesic and anti-inflammatory properties can help to relieve period pains.
- **Digestive system** - Cinnamon is effective in easing digestive issues such as IBS, gas and bloating due to its anti-inflammatory analgesic.
- **Muscle and joint conditions** - with its analgesic and anti-inflammatory properties it is effective in relieving symptoms of rheumatism and arthritis.



Ways to use Cinnamon Essential Oil

Diffuse

- Cinnamon essential oil can be used in diffusers or oil burners. Using Cinnamon essential oil in this way is particularly beneficial in relieving respiratory tract infections such as bronchitis and cold. Its warm woody scent helps to lift feelings of depression and creates an uplifting atmosphere.

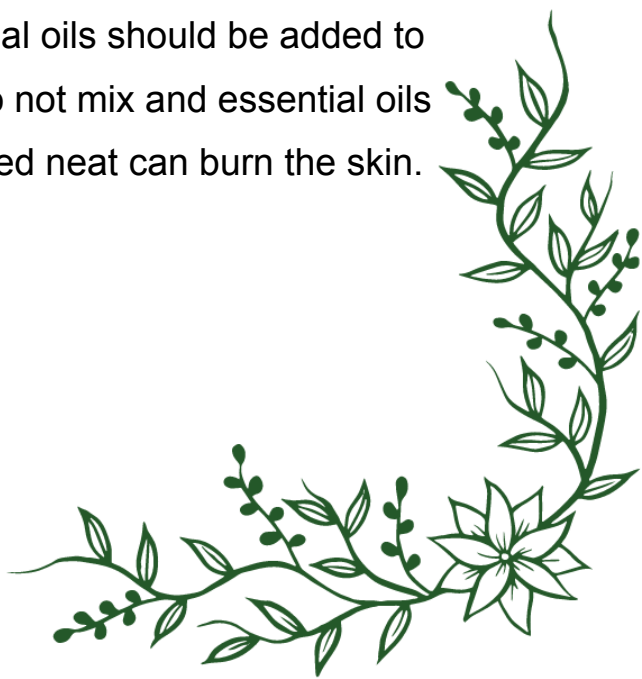
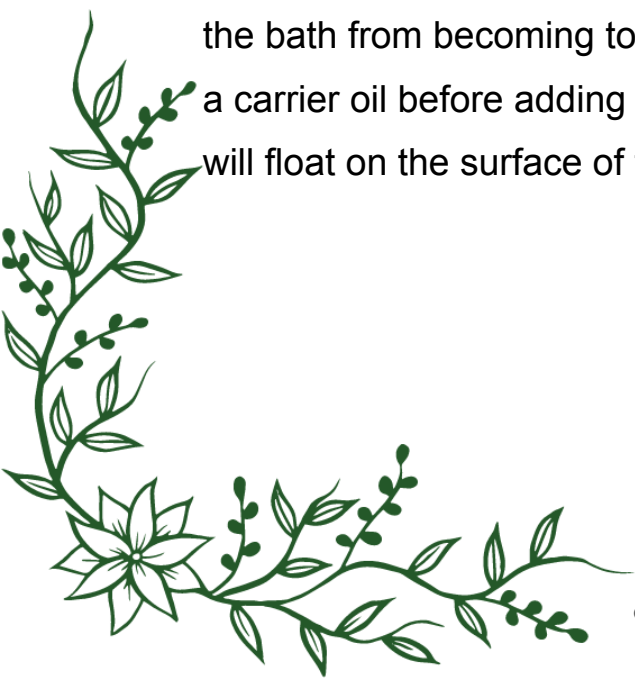
Diffuse 1 - 3 drops of Cinnamon essential oil in an oil burner or diffuser.

Bath

- Cinnamon essential oil can be added to a warm bath to relieve muscle aches related to rheumatism and arthritis and menstrual pains. Using it in the bath also releases the oils into the air which can help relieve respiratory tract infections such as bronchitis and colds

Add 1 - 3 drops of Cinnamon essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles, Cinnamon is particularly effective in relieving the symptoms of rheumatism and arthritis and menstrual pain. It's an uplifting oil that can help boost mood and relieve feelings of depression.

Adults - up to 7 drops of Cinnamon essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops of Cinnamon essential oil in 1 tbsp of carrier oil.

Cream

- Adding a few drops of Cinnamon to a base cream is a great way of harnessing Cinnamon's anti-inflammatory and analgesic properties to treat minor cuts and scrapes and to soothe skin conditions such as psoriasis, eczema. It can ease pain associated with rheumatism and arthritis.

Add up to 12 drops of Cinnamon essential oil to 30 ml of base cream.



Inhalation

- Inhaling Cinnamon essential oil is effective in helping to relieve symptoms associated with asthma and respiratory tract infections such as colds and bronchitis and coughs. Steam inhalation helps to clear congestion in your head, nose and chest.

Simply add 1 -3 drops of Cinnamon essential oil to a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air. Cinnamon is a powerful oil so care should be taken not to irate the mucus membranes



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Cinnamon goes particularly well with oils such as:

- Benzoin
- Clove bud
- Coriander
- Cardamon
- Frankincense
- Ginger
- Grapefruit
- Lavender
- Rosemary
- Thyme



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Cinnamon bark is a potent oil so care should be taken not to use in excess, it can be irritating to the skin and mucous membranes.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Cinnamon is one such oil.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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