

Cinnamon Leaf Essential Oil



Botanical Name: *Cinnamomum verum*

Main Constituents:

Eugenol: 82.8%

Plant Part: Leaves

Origin: Sri Lanka

Processing Method: Steam Distilled

Description / Color / Consistency: A brownish yellow to dark liquid with a medium consistency.

Aromatic Summary / Note / Strength of Aroma: A middle note of medium aroma, it has a warm, spicy scent between that of clove and cinnamon, but with herbaceous notes that are not sweet. Customers seeking the smell of the cinnamon spice should purchase Cinnamon Bark.

Blends With: Clove Bud, Lavender, Cedarwood, Orange, Lemon, Neroli, Ylang-ylang, Rosemary and Thyme.

Product Abstract: *Cinnamomum verum* originates from Sri Lanka. It is a tropical evergreen tree of the laurel family growing up to 15 m (45 feet) in the wild. The tree has a very thin smooth bark, with a light yellowish brown color and a highly fragrant odor. Its pleasant scent has lead it to be a perfect addition to creams, lotions and soaps.

Cautions: Dilute well before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes and mucous membranes should be avoided. This has phototoxic properties and exposure to the sun must be avoided after application to the skin.

IMPORTANT: All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

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1. **Cinnamon Oil Disinfectant** - You can create your own natural disinfectant and hand sanitizer at home. 1% Cinnamon leaf oil mixed with water is enough to meet all your disinfectant needs for disinfecting kitchen counter tops, inside your refrigerator, bathrooms and toilets, car interiors, door knobs, cutting boards, and the kitchen sink. Unlike commercial hand sanitizers, this is child and pet friendly. All you need to do is NOT to exceed the 1% dilution ratio because it is that powerful.
2. **Cinnamon Oil Odor Neutralizer** - Because of its strong germicidal, anti-septic and anti bacterial properties it is commonly used in bathrooms to get rid of odors. Many people spray Cinnamon leaf oil in their vehicles to get rid of bad odors and bacteria that accumulate in a closed environment. If you have children you know how your car windows and virtually every surface can get smothered in germs. All you need to do is wipe all surfaces with a micro fiber cloth and and some diluted Cinnamon leaf Oil.
3. **Cinnamon Oil Pesticide/Insect Repellent**- If you have the common black ant problem in the house during the summer months spray Cinnamon leaf oil on your kitchen counter tops and virtually any surface where the ants tend to congregate and wipe with a wet cloth. The ants will be gone in minutes never to return. Also works to kill flies. If Mosquito's bother you, dilute (1%) Cinnamon leaf oil with water and rub it on your hands and body. Do not rub on genital areas, eyes, under arms or other sensitive areas. [Watch this great video](#) on how to use Cinnamon oil to control ants and spiders.
4. **Cinnamon Oil Fungicide** - Cinnamon Leaf Oil is a must for the avid or casual gardner! If you have plants that seem to get infected with one fungus infection or another or get inundated with all kinds of pests, a 1% Cinnamon Leaf Oil to water spray will prevent many of the problems. Remember it is an anti bacterial and anti microbial so it will kill any fungus. It is truly important to get rid of any fungul infections in indoor plants which may damage your health.

And insects just don't like the smell of Cinnamon which is why it is a favorite of orchid growers whose orchids suffer from more pests and fungus issues than most other plants due to their fragile nature. But you can use it on virtually any kind of plant or fruit. And its safe to eat, all natural and contains no manufactured harmful chemicals.

5. **Cinnamon Oil Memory Booster** - While the evidence is not definitive many people spray a little a bit in their rooms to improve their alertness and memory skills. If you are a student studying for your exams or an older person with memory or alertness issues you may want to try this.
6. **Cinnamon Oil Aroma therapy** - Cinnamon oil is sometimes used in acute bronchitis and colds, as well as sneezing, help lift depression and reduce feelings of weakness. All you need to do is put some water on a diffuser, add a drop of Cinnamon leaf oil and light a candle underneath. The wonderful aroma of Cinnamon oil will invigorate you. Remember however not to overdo it. Don't add too much Cinnamon oil. You are likely to get sick of it. It should be subtle. Just a whiff.
7. **Cinnamon Massage Oil** - Because of its warming properties Cinnamon oil can be used in blended massage oils, or diluted in the bath, to assist with bronchitis, diarrhea, chills, infections, flu, rheumatism and arthritis. Combine cinnamon oil with massage oil or Jojoba to increase circulation and relieve tense muscles.
8. **Anti-Bacterial Foot Wash** - If you are prone to foot fungal infections as a result of playing sports a Cinnamon Oil foot wash is just the thing. Use the 1% diluted Cinnamon Oil to soak your feet for 5-10 minutes. Not only is the warmth of cinnamon oil soothing, but it will kill any fungal infections like athletes foot. Depending on your skin sensitivity you can increase the dilution ratio to 3%. You maybe be tempted to exceed this ratio but this is unnecessary and may cause a burning sensation as Cinnamon oil is pretty powerful. But boy does it soothe aching feet and kill any germs as the same time.
9. **Anti-bacterial Mouthwash** - Can also be diluted and used as a mouthwash, as cinnamon also has anti-septic properties. For a mouthwash we recommend 0.5%. No more.
10. **Toenail Fungus** - If you have a stubborn toenail fungus, Ceylon Cinnamon Leaf Oil is by far the best solution. We have customers who have used Ceylon Cinnamon Oil who have seen rapid results. .

SAFETY

Cinnamon Leaf essential oil, Cinnamomum verum, is relatively non-toxic; possible irritant because of the cinnamaldehyde. Eugenol is irritant to the mucous membranes: use in moderation. Can be a skin irritate, redden, and even burn sensitive skin so use carefully (no more than half drop per bath) Avoid in cosmetics and during pregnancy. Ceylon Cinnamon Leaf Oil has significantly less Coumarin (known to be toxic in relatively high doses) than the common Cassia Cinnamon. Read about the properties and uses of essential oils. Consult a knowledgeable reference for indications and contraindications before use. Keep out of the reach of children

Cinnamon is one of the most popular herbs for flavoring and medicinal uses. Although cinnamon oil has numerous health benefits, it

often causes irritations and allergic reactions. Therefore people prefer to use cinnamon directly instead of using the oil. This article, therefore, provides the health benefits of cinnamon. The general benefits of cinnamon oil are given below.

Cinnamon, which has the scientific name *Cinnamomum zeylanicum*, originated in tropical Asia, and was particularly widely used in Sri Lanka and India. Now, the shrub is grown in almost every tropical region of the world. The herb, owing to its vast medicinal uses, has found a prominent position in traditional medicines, especially in Ayurveda, which is the traditional Indian medicinal system. Traditionally, cinnamon has been used in many cultures for treating a variety of health disorders including diarrhea, arthritis, menstrual cramps, heavy menstruation, yeast infections, colds, flu, and digestive problems.

Cinnamon is now being used all over the world for the treatment of a variety of health disorders including respiratory problems, skin infections, blood impurity, menstrual problems, and various heart disorders. The most important part of cinnamon is its bark, which can be used in a variety of ways.

Health Benefits of Cinnamon

The health benefits of cinnamon can be attributed to its antibacterial, antifungal, antimicrobial, astringent and anticlotting properties. Cinnamon is rich in essential minerals such as manganese, iron and calcium, while also having a high content of fiber.

The health benefits of cinnamon include the following:

Brain Function: Cinnamon boosts the activity of the brain and makes it a good brain tonic. It helps to remove nervous tension and memory loss. Research at the Wheeling Jesuit University in the United States has proved that the scent of cinnamon has the ability to [boost brain activity](#). The team of researchers, led by Dr. P. Zoladz, found that people who were given cinnamon improved their scores on cognitive activities such as attention span, virtual recognition memory, working memory, and visual-motor response speed.

Blood purification: Cinnamon can also help to remove blood impurities. This also makes it a great treatment for pimples.

Blood circulation: Cinnamon helps to improve the circulation of blood due to the presence of a blood thinning compound within cinnamon. This blood circulation helps to significantly reduce pain. Good blood circulation also ensures oxygen supply to the body's cells, which leads to higher metabolic activity. You can significantly reduce the chance of suffering from a heart attack by regularly consuming cinnamon.

Pain Relief: Cinnamon is also an anti-inflammatory substance, so it helps in removing stiffness of the muscles and joints. Cinnamon is also recommended for arthritis, and it is known to help in removing headaches that are caused by colds.

Diabetes: Cinnamon has the ability to control blood sugar, so diabetics find it very useful because cinnamon aids them in using less insulin. [Research](#) has shown that it is particularly helpful for patients suffering from type 2 diabetes. Type 2 diabetes patients are not able to regulate their insulin levels properly. Researchers at the US Department of Agriculture's Human Nutrition Research Center in Beltsville, Maryland studied the effect of various food substances that include cinnamon on blood sugar levels. They found that a water-soluble polyphenol compound called MHCP, which is abundant in cinnamon, synergistically acted with insulin and helped in the better utilization of that vital component of human health.

Infections: Due to its antifungal, antibacterial, antiviral and antiseptic properties, it is effective on treating external as well as internal infections. It helps in destroying germs in the gall bladder and the bacteria present in staph infections.

Healing: Cinnamon acts as a coagulant and helps to stop excess bleeding. Therefore, it facilitates the healing process.

Heart diseases: It is believed that the calcium and fiber present in cinnamon provide protection against heart diseases. By including a little cinnamon in your food, you can help prevent coronary artery disease and high blood pressure.

Colon cancer: It can also improve the health of the colon and thereby reduce the risk of colon cancer.

Mouth freshener: Cinnamon is often used in chewing gums, as it is a good mouth freshener and removes bad breath.

Perfumes: It has a refreshing aroma and is extensively used in perfume-making.

Indigestion: Cinnamon is added in many ethnic recipes. Apart from adding flavor to the food, it also aids in digestion. Cinnamon is very effective for indigestion, nausea, vomiting, upset stomach, diarrhea and flatulence. Due to its carminative properties, it is very helpful in eliminating excess gas from the stomach and intestines. It also removes acidity, combats diarrhea and reduces the effects of morning sickness. Cinnamon is therefore often referred to as a digestive tonic.

Respiratory problems: Cinnamon helps in relieving the symptoms of colds, influenza, sore throat and congestion.

Menstruation: Cinnamon is effective in providing relief from menstrual discomfort and cramping.

Birth control: Cinnamon also helps in natural birth control. Regular consumption of cinnamon after child birth delays menstruation and thus helps to avoid conception.

Breastfeeding: It is also believed that cinnamon aids in the secretion of healthy breast milk.

Cinnamon is diuretic in nature and helps in the secretion and discharge of urine. It is also commonly used as an aphrodisiac and is believed to arouse sexual desire in men and women.

Benefits of Cinnamon Oil

Cinnamon oil is obtained from the bark and leaves of cinnamon trees. Cinnamon oil does have various applications in aromatherapy; however, it is not as popular as other essential oils such as [pine essential oil](#), [basil essential oil](#), [rosemary essential oil](#) and [lavender essential oil](#).

The benefits of cinnamon oil include the following:

Cooking: Some people add cinnamon oil while they are cooking. Cinnamon oil obtained from the leaves contains a compound named cinnamaldehyde, which is an excellent flavoring agent.

Room freshener: The pleasant aroma of cinnamon oil makes it a very effective as a room freshener. It is often added to potpourris.

Eliminating mosquitoes: Cinnamon oil is a great mosquito repellent. Research has now proved that cinnamon oil is very effective in killing mosquito larvae. The [Journal of Agricultural and Food Chemistry](#) (a renowned scientific journal) has reported on that research, which had been conducted at the [National Taiwan University](#). Apart from the leaves of cinnamon, its bark is also a good source of cinnamaldehyde, which is an active mosquito killing agent. This research has paved the way for finding an environmentally safe solution for solving the global menace and disease-spreading capacity of mosquitoes.

Many companies that produce cinnamon oil claim that it is a good antibacterial and antifungal agent, making it very effective in the treatment of

infections. Recent [research](#) suggests that Cinnamomum cassia oil has potential to be used as a natural antibacterial agent in food industry.

It also helps increase blood circulation and acts as a sexual stimulant. Research has also proven that cinnamon oil obtained from the leaves and twigs of cinnamon can be used for controlling mites that negatively affect honey bees.

Being strong in nature, cinnamon oil should be avoided for internal consumption. Furthermore, it can have adverse effects on the skin if used topically in concentrated form. Therefore, it should be used in diluted form. Before using cinnamon oil, it should be tested to make sure that it suits your skin. You should apply only a small quantity of cinnamon oil initially and check if you develop any allergic reaction symptoms. Do not apply cinnamon oil on the face and other sensitive areas.

Cinnamon blends well with various essential oils, so it is added to many aromatherapy preparations. It enhances the effectiveness of other herbs and essential oils, thus speeding up the treatment of various herbal remedies. Furthermore, many herbs can have an unpleasant taste. Cinnamon or cinnamon oil is often added to herbal preparations to make them taste better. The oil blends well with other essential oils such as lemon essential oil, [rosemary essential oil](#), geranium essential oil, [lavender essential oil](#) and cardamom essential oil.

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