

*The Mystic Owl Apothecary*  
*Essential Oil Profile Sheet*

**Cassia Essential Oil**

Botanical Name: *Cinnamomum cassia*

Plant Part: Bark

Extraction Method: Steam Distilled

Origin: China

Color: Golden Yellow/Brown to Reddish

Consistency: Medium to viscous

Note: Middle

Strength of Aroma: Sharp/Strong

Aromatic Scent: Cassia Essential Oil has a pungent, warm scent.

Blends With: Benzoin, Clove Bud, Coriander, Cardamom, Frankincense, Ginger, Grapefruit, Lavender, Rosemary and Thyme.

Common Uses:

Cassia Essential Oil can be used as a tonic, carminative and stimulant. It is used to treat nausea, flatulence and diarrhea. Chinese and Japanese scientists have found that cassia has sedative effects and lowers high blood pressure and fever in experimental animals. The oil has antiseptic properties, killing various types of bacteria and fungi. Cassia oil is used mainly as a carminative (for relieving colic and griping) or as a stomach tonic. It can also be used for colds, influenza, fevers, arthritis and rheumatism.

Cautions:

Cassia Oil is a dermal irritant, dermal sensitizer and a mucus membrane irritant. Tisserand and Young indicate the 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. Cassia should be avoided during pregnancy/breastfeeding. Avoid use with children under 2.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

