

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Fennel (Sweet) Essential Oil

Botanical Name: *Foeniculum Vulgare*

Part Processed: Seed

Origin: Hungary

Processing Method: Steam Distilled

Color: Clear to Yellow

Consistency: Thin

Note: Top/Middle

Strength of Aroma: Medium/Strong

Aromatic Scent: Sweet, somewhat spicy and peppery, licorice-like (Anise) aroma

Blends With: Bergamot, Lavender, Frankincense and Rose.

Common Uses:

Digestive disorders, dyspepsia, gastrointestinal spasm, flatulence, nausea, constipation, irritable bowel syndrome, abdominal spasm, menstrual problems, menstrual cramps, premenstrual syndrome, fertility, endo-metriosiis, menopausal symptoms, cellulite, fluid retention, heavy legs, bronchitis, respiratory conditions, parasitic infections.

Cautions:

Tisserand and Young indicate that Fennel Oil may interact with medication, and that it may inhibit blood clotting. They precaution to avoid use of the oil topically if it has oxidized as skin sensitization is more likely. Their contraindications include pregnancy, breastfeeding, endometriosis, estrogen-dependent cancers, and children under 5. Their dermal maximum is 2.5%.

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.

