## Essential oils at a glance – Cinnamon

## **Dr Gillian Hale**

## Oil of the month - Cinnamon

Name of oil:	Cinnamon	Latin name:	Cinnamomum zeylanicum
Description of	A tropical evergreen	Nature of oil:	The oil of the bark is light
plant:	tree reaching up to 60 ft		amber with a warm, sweet
	(18 m) with a highly		and spicy aroma. The oil of
	aromatic bark, shiny		the leaf is a yellowish liquid
	leaves and clusters of		with a much hotter and
	yellow flowers followed		spicier aroma. The odour
	by bluish-white berries.		effect of cinnamon
	It is native of Sri Lanka,		(especially cinnamon bark)
	India and Madagascar		is warming and stimulating;
	and is also cultivated in		a reputed aphrodisiac
	Jamaica and Africa		
Method of oil	Steam distillation of the	Blends well	Citrus essences, clove,
extraction:	bark chips. An oil is	with:	ginger, frankincense, Both
	also distilled from the		the leaf and bark oils are
	leaves and twigs		highly odoriferous (strongly
Specific	The oil is highly irritant		smelling), so use sparingly
precautions	to skin and mucous		
required:	membranes. Use in low		
	concentration in a		
	vaporiser		
Aromatherapeutic	Antidepressant. Can be used as a fumigant during infectious illness		
properties:			

Information from: Wildwood C. Aromatherapy. Bloomsbury Publishing Plc, 1996.

For more information on essential oils and, specifically, their role in stress management, visit: http://www.aromatherapy-stress-relief.com/stressatwork.html

**Dr Gillian Hale** is co-founder of **Aromatherapy-stress-relief.com**, a home based UK business providing Aromatherapy Stress Relief Gifts.