

Essential oils at a glance – Cinnamon

Dr Gillian Hale

Oil of the month – Cinnamon

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

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](http://www.aromatherapy-stress-relief.com),

a home based UK business providing Aromatherapy Stress Relief Gifts.