

## Cinnamon Leaf

Emotions	Uplifting
Uses	<b>aphrodisiac, appetite-to increase</b> , arthritis, arthritis-rheumatoid, <b>athlete's foot</b> , boils, <b>bronchitis-acute</b> , carbuncle, chills, <b>circulation problems-low</b> , <b>cold</b> , cold-sneezing, colitis, <b>coughs</b> , cystitis, debility, <b>dermatitis</b> , diarrhea, <b>digestive problems</b> , <b>disinfectant</b> , fibrositis, <b>flatulence</b> , flu, <b>frigidity</b> , <b>gangrene</b> , <b>head lice</b> , hepatitis, <b>immune deficiency</b> , <b>impotence-male</b> , indigestion/dyspepsia, infections, intestinal infection, <b>intestinal putrefaction</b> , leucorrhea, lice, <b>low blood pressure</b> , <b>menstrual bleeding-lack of/amenorrhea</b> , <b>menstrual bleeding-excessive bleeding/menorrhagia</b> , muscle-ache, muscle-numbness, muscle-spasm, nervous exhaustion, pregnancy-contraction stimulation, <b>pregnancy-nausea</b> , refreshing, <b>ringworm</b> , scabies, sting-bee, stress, <b>thrush</b> , trichomonas, warts, worms
Properties	analgesic, anthelmintic, antibiotic, antidiarrheal, <b>antifungal</b> , antimicrobial, anitparasitic, antipurtescent, <b>antiseptic</b> , antispasmodic, antiviral, <b>aphrodisiac</b> , astringent, carminative, digestive, emmenagogue, hemostatic, <b>rubefacient</b> , <b>stimulant</b> -cardiac/circulation/respiratory, stomachic, vermifuge
Constituents	Eugenol, linalool, beta-Caryophyllene, Cinnamyl acetate, Benzyl benzoate, Eugenyl acetate, others
Scent/Note/Viscosity	Warm, spicy, sweet, smoky; base note; yellow to brownish; medium to watery viscosity.
Best Mixed With	bergamot, clove, frankincense, geranium, ginger, grapefruit, lemon, lemongrass, litsea cubeba, mandarin, orange, mandarin, patchouli, petitgrain, ylang ylang (balsam, bay, benzoin, cardamom, carnation, coriander, marjoram, nutmeg, rose maroc, ylang ylang, yuzu)
<b>Warning:</b>	Do not use if pregnant or in children under 18. Do not use if you have sensitive skin. Do not use in baths. Use in small doses. Best used in blends using a diffuser. (this warning is for cinnamon bark, the leaf is a possible irritant but is relatively non-toxic)

### DISCLAIMER

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