



Cinnamon Essential Oil (*Cinnamomum zeylanicum*)

Cinnamon essential oil is steam-distilled from the bark or leaves of true cinnamon (*Cinnamomum zeylanicum*, also known as *Cinnamomum verum*), native to Sri Lanka and parts of India. It has a warm, spicy, sweet aroma and is valued in aromatherapy, natural cleaning, and wellness practices for its potent bioactive compounds — primarily **cinnamaldehyde** (dominant in bark oil) and **eugenol** (higher in leaf oil).

Bark Oil vs. Leaf Oil

- **Cinnamon Bark Essential Oil:** Stronger, sweeter, more intense cinnamon scent. Higher in cinnamaldehyde. More potent antimicrobial and antifungal properties, but significantly more irritating to the skin. Best suited for diffusion and cleaning.
- **Cinnamon Leaf Essential Oil:** Milder, spicier, clove-like aroma. Higher in eugenol. Gentler on the skin, making it more suitable for topical use, massages, and hair/skin blends (when properly diluted).

Note: Ceylon/true cinnamon is generally preferred over cassia due to lower coumarin content and a better safety profile.

Key Benefits and Properties

Cinnamon essential oil (especially from *C. zeylanicum*) offers the following properties supported by traditional use, in vitro, and some animal studies:

- **Antimicrobial & Antifungal:** Effective against bacteria (e.g., *Staphylococcus aureus*, *E. coli*, *Salmonella*, *Pseudomonas*), fungi (*Candida*, *Aspergillus*), and some viruses. Useful for natural cleaning, food preservation, and oral health.
- **Antioxidant:** Strong free-radical scavenging ability.
- **Anti-inflammatory:** May help reduce inflammatory markers and soothe minor discomfort.
- **Warming & Circulatory Support:** Provides a heating sensation that may promote circulation, ease muscle stiffness, and support comfort during massages.
- **Mood & Mental Support:** Uplifting, energizing, and focusing. Helps reduce mental fatigue, stress, and winter blues while promoting alertness.
- **Metabolic Support:** Studied for potential benefits on blood sugar regulation, insulin sensitivity, cholesterol, and blood pressure (stronger evidence exists for cinnamon spice than the essential oil).
- **Digestive & Immune Support:** Traditionally used to stimulate appetite, ease mild bloating, and support immunity during seasonal challenges.
- **Other:** Mild analgesic effects for sore muscles/joints, insect-repellent properties, and potential use as a natural preservative.

Important: Essential oils are not FDA-regulated drugs. Most benefits come from traditional use or preliminary research. They are complementary tools, not replacements for medical treatment.





Common Uses

- **Aromatherapy/Diffusion:** Add 1–2 drops to a diffuser for a warm, comforting, festive atmosphere. Blends well with orange, clove, ginger, frankincense, vanilla, or citrus oils.
- **Natural Cleaning:** Add to DIY cleaners, surface sprays, or disinfectants for antibacterial action and pleasant scent.
- **Topical (Heavily Diluted):** Used in massage oils for warming, muscle relief, and circulation. Leaf oil is preferred for skin contact. Can be added sparingly to lotions, hair blends, or foot rubs.
- **Household:** Insect repellent sprays, potpourri, or sachets.
- **Oral Care:** Trace amounts in DIY mouth rinses or toothpastes (extreme caution required).

Ingestion: Strongly discouraged without professional guidance. Use food-grade cinnamon spice for culinary purposes instead.

Safety and Precautions (Critical)

Cinnamon essential oil, particularly bark oil, is a “**hot**” oil and a known skin irritant and sensitizer due to cinnamaldehyde.

- **Dilution:** Extremely important. Recommended maximum dermal dilution is often **0.07% for bark oil** and **0.6% for leaf oil** (roughly 1 drop per 30–50 ml carrier oil for bark — many experts recommend even lower). Always patch test.
- **Avoid:** Undiluted (“neat”) application, direct use in baths without proper emulsification, contact with eyes/mucous membranes, and prolonged skin exposure.
- **Contraindications:** Not recommended during pregnancy or breastfeeding (potential embryotoxicity with bark oil). Use caution with blood-thinning medications, bleeding disorders, liver issues, or diabetes. May interact with medications.
- **Not suitable for:** Children under 6, elderly, or those with very sensitive skin. Avoid on sensitive facial/neck areas with bark oil.
- **General:** Perform a patch test. If irritation occurs (burning, redness, rash), discontinue use immediately. Quality matters — choose pure, therapeutic-grade oils from reputable sources.

Side Effects from improper use can include skin burns, allergic reactions, mucous membrane irritation, or nausea from strong inhalation.

Bottom Line

Cinnamon essential oil from *Cinnamomum zeylanicum* is a powerful, warming, and antimicrobial oil excellent for diffusion, natural cleaning, mood enhancement, and carefully diluted topical applications. Its potency makes it highly effective but also demanding of respect. Always dilute heavily, prioritize safety, and consult a qualified healthcare or aromatherapy professional before therapeutic use — especially if you have health conditions or are using medications.

Use mindfully, and it can be a wonderful addition to your natural wellness and household routine.

