Fennel Sweet Essential Oil

Product Details

Botanical Name: Foeniculum vulgare dulce
Country of Origin: Egypt
Extraction Method: Steam Distilled
Plant Part: Seeds
Strength of Aroma: Medium
KidSafe: No
Cautions: Fennel Sweet is estrogenic and therefore should not be used in pregnancy, breastfeeding, endometriosis, estrogen-sensitive cancers, and children.

Description

Fennel Sweet has a sweet, spicy, earth scent that is a favorite for relieving digestive problems and menstrual discomfort. The unique aroma of Fennel Sweet is great for easing worries, without creating sleepiness. Fennel Sweet is energizing and uplifting, which will help comfort and revitalize when worries are high. Fennel Sweet can be a skin irritant so always make sure you dilute to 2% before use. It is estrogenic and should not be used on children or women who are pregnant or breastfeeding.

Directions

Mix 2 drops of Fennel Sweet with 2 drops of Carrot Seed with 2 Tablespoons of your favorite Plant Therapy carrier oil; massage on the abdomen to help relieve menstrual discomfort. During times of high stress, diffuse 2 drops of Fennel Sweet with 2 drops of Rosemary in your favorite aromatherapy diffuser, personal inhaler, or diffuser necklace to uplift and revitalize the mind.

Blends Well With

Dill Weed, Fir Needle, Geranium (All Types), Lavender, Peppermint, Spearmint, Star Anise, and Wintergreen.