

CASSIA

CINNAMOMUM CASSIA

Country of Origin: China

Steam Distilled from leaves

Cassia carries a bold, unmistakable warmth - deep, spicy, and immediately invigorating. Distilled from the bark of *Cinnamomum cassia*, this oil has a richer, more robust character than its cinnamon counterparts, bringing a sense of heat, movement, and intensity wherever it's used. Its aroma is both comforting and commanding, wrapping the senses while simultaneously waking them up.

Traditionally valued for its stimulating and purifying properties, Cassia is often used to support circulation, digestive comfort, and overall vitality. It's an oil that encourages momentum - helping to shift stagnant energy, warm the body, and create an environment where systems can function more freely. Strong, active, and deeply aromatic, Cassia is best used with intention and respect, delivering powerful support in even the smallest amounts.

FUNCTIONAL CONSTITUENTS

Cinnamaldehyde Primary active component responsible for Cassia's intense warming character; supports circulation and contributes to its strong purifying properties.

Cinnamyl acetate Adds a softer, slightly sweet note; supports a more balanced aromatic profile while contributing to calming effects.

Eugenol (trace) Provides subtle depth; known for its soothing and protective qualities.

Clinical Studies: <https://pubmed.ncbi.nlm.nih.gov/37262194/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6535384/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC12157319/>



HOW WE SOURCE

Cassia requires careful handling from harvest through distillation to preserve its rich, warming profile without harshness. We prioritize leaves harvested from mature trees grown in their native environment, where climate and soil support the development of its naturally high cinnamaldehyde content. Harvest timing is critical - too early and the oil lacks depth, too late and it can become overly sharp or heavy.

Distillation is performed in controlled batches to manage the intensity of this oil and maintain a balanced, true-to-plant character. Because cassia is naturally potent, attention is given to temperature and duration to avoid burnt or overly aggressive notes. We look for oil that carries a deep, spicy warmth with a smooth, rounded edge - never acrid, flat, or chemically harsh.

OUR CASSIA IS:

- ✓ Steam distilled from leaves
- ✓ Unrefined and unstandardized
- ✓ Sourced from true cassia regions
- ✓ Batch distilled for control
- ✓ Handled for profile integrity

We look for oil that carries a deep, warming spice with a rounded edge - an immediate sign of proper distillation and careful handling. Harsh, burnt, or aggressively sharp oils are avoided.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Deep, warm spice*
- Strong cinnamon aroma*
- Clean, penetrating scent*
- Rich amber color*
- Stored in dark glass*

Avoid:

- Burnt or smoky odor*
- Sharp, irritating bite*
- Weak or faded scent*
- Thick, tar-like oil*
- Clear or plastic packaging*

HOW TO USE CASSIA

Cassia is used when the goal is warmth, stimulation, and movement—especially in systems that feel cold, sluggish, or slow to respond. Due to its intensity, it is always used in low dilution and with care.

Aromatic

Diffuse 1–3 drops to create a warm, activating environment. Often used when energy feels low or stagnant.*

Topical

Highly dilute with a carrier oil before applying to feet or targeted areas. Commonly used in routines focused on circulation and warmth.*

Internal

Use 1 drop in a veggie capsule. Typically used to support digestive function and metabolic activity

Bath

Add 1–2 drops to bath salts before dispersing. Used to promote warmth and stimulate the body.*

WHAT IT SUPPORTS

Cassia is traditionally used when the goal is warmth, activation, and increased movement within the body. It supports:

- Circulation and peripheral warmth*
- Digestive function and motility*
- Metabolic activity*
- Immune system response*
- Energy and physical vitality*

Used consistently, it helps the body feel more active, responsive, and energized - supporting forward movement rather than stagnation.

CAUTIONS

- Safety Group 4: Never recommended for children or while pregnant or nursing.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

CASSIA IN THE STILLROOM

Cassia has long been used in the stillroom as a warming, activating oil - brought in when the body feels cold, sluggish, or slow to respond. Distilled from the leaves of *Cinnamomum cassia*, it carries an intense heat that works to stimulate circulation and encourage movement throughout the system.

It is often reached for when there is stagnation - whether in digestion, peripheral circulation, or general vitality. Rather than gently nudging, cassia drives action, helping the body shift out of heaviness and into a more responsive, energized state. Used with care and in proper dilution, it brings focused warmth and a clear sense of activation without lingering heaviness.

MORE WAYS TO USE CASSIA

Cold Weather Support

Add 1 drop to a carrier oil and apply to feet. Commonly used to promote warmth during colder months.*

Digestive Blend Add-In

Include 1 drop in digestive oil blends. Traditionally used to support motility and reduce sluggishness.*

Spice Blend Enhancement


Add a trace amount to diffuser blends with clove or orange. Creates a warm, stimulating aromatic profile.*

Pre-Activity Warm-Up

Dilute heavily and apply to targeted areas before movement. Often used to encourage circulation and readiness.*

Seasonal Immune Support

Use aromatically during seasonal shifts. Commonly used to support the body's natural defenses.*



Cassia
cinnamomum cassia


Net 10mL (0.34 fl oz)

Ingredients: Cinnamomum cassia (Cassia) from China, steam distilled from leaves.

Directions: Topical: Dilute with carrier oil and apply to desired location. **Aromatic:** Diffuse aromatically up to 15 minutes per hour.

Caution: Keep out of reach of children and pets. Discontinue use if irritation occurs. This product is not intended to diagnose, treat, cure, or prevent disease. Store in a cool, dark place.

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