

Fennel Essential Oil



Product Details

Botanical Name: *Foeniculum vulgare dulce*

Country of Origin: Hungary

Extraction Process: Steam Distilled

Part of the Plant Used: Seeds



Description: Fennel Essential Oil has a sweet, licorice-like aroma. Fennel is used all around the world although it is generally considered indigenous to the shores of the Mediterranean. It is grown on dry soils near the sea-coast and on river banks. Fennel has been heavily cultivated for its edible, strongly flavored leaves and seeds. Many people have boiled down the leaves to make a carminative tea, made baby teething cubes from the syrup, and even made infused waters to ease bloating and indigestion. Fennel Essential Oil is highly sought after to rub on the abdomen and ease cramps, bloating, and even nausea.

Common Uses & Benefits: Fennel has been traditionally applied to help digestive disorders, dyspepsia, gastrointestinal spasm, flatulence, nausea, constipation, irritable bowel syndrome, abdominal spasms, menstrual problems, menstrual cramps, premenstrual syndrome, fertility, endo-metriosiis, menopausal symptoms, cellulite, fluid retention, heavy legs, bronchitis, respiratory conditions, and parasitic infections.

Therapeutic Properties: Anti-inflammatory, Antibacterial, Digestive, Expectorant.

Directions: Recommended to properly blend in a carrier oil prior to topical applications. We recommend a dilution no greater than 2%. Patch test before use in case of sensitivity.

Blends Well With:

Dill Weed, Wintergreen, Lavender, Peppermint, Geranium, Anise Star.

Cautions: Possible skin sensitivity. Keep out of reach of children. Fennel is estrogenic and should not be used for pregnancy, breast feeding, endometriosis, estrogen-sensitive cancers, and children under 5 years of age.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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