

Fennel

Common Name: Fennel

Botanical Name: Foeniculum Vulgare

Origin: Australia, Spain

Parts Used: Crushed seeds

Fragrance: Pepper-like, spicy, sweet, woody.

Blends well with: Basil, geranium, hyssop, lavender, lemon, rosemary, sandalwood

Aromatic Benefits: invigorating, restoring, stimulating, & warming

Properties: anti-inflammatory, anti-parasitic, anti-septic, anti-spasmodic, anti-toxin, diuretic, & expectorant

Physical Uses: appetite suppressant, arthritis, bruises, cellulite, constipation, cystitis, detoxifying, digestive problems, diuretic, drug withdrawal, estrogen-like, female infertility, flatulence, hangovers, hiatal hernia, hiccups, indigestion, menopause, nausea, normal skin, osteoporosis, PMS symptoms, swelling, upper abdominal pain, water retention, wrinkles

Safety Data: Avoid if pregnant, history of epilepsy, & use in sun. Skin irritant.
Dilute well before use.



Recipe:

Stomachache Aid

2 drops Fennel
3 drops Peppermint
1 tsp carrier oil

Mix all ingredients together. Massage the blend in a clockwise direction over both the upper & lower abdomen.

For educational purposes only. This information is not intended to diagnose, treat, or cure any disease.