

Fennel

Foeniculum vulgare

A slimmer's friend

Source:

Extraction: Steam Distillation from the seeds

Blending Factor: 2

Odour Note: Top

Characteristics:

Fennel is a colourless to pale yellow oil with a sweet aniseed-like, floral, herby and slightly spicy fragrance.

Safety Precautions:

Non-irritant relatively non-toxic; this oil should not be used by epileptics or during pregnancy. Use this oil in moderation.

History:

A herb of ancient medical repute, believed to convey longevity, courage and strength. It has been considered good for the digestive systems by many ancient cultures. It has traditionally been used for obesity, which may be due to type of estrogenic action. The herb is still currently listed in the British Herbal Pharmacopoea.

Therapeutic Actions:

Aperitif, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, carminative, depurative, diuretic, emmenagogue, expectorant, galactagogue, laxative, orexigenic, stimulant (circulatory), splenic, stomachic, tonic, vermifuge.

Enhances:

Confidence, assertiveness, balancing, energizes comforts and enlivens the mind, cleansing, warming, drying, lymphatic decongestant, digestive diuretic.

Reduces:

Being overwhelmed, bored and afraid of failure. Procrastinating. Relieves nausea and digestive disorders.

Uses:

Respiratory system: Asthma, bronchitis.

Digestive System: Anorexia, colic, constipation, flatulence, hiccough, nausea

Skin: Bruises, dull, oil, mature complexions.

Musculoskeletal system: Cellulites, obesity, edema, rheumatism.

Genito-Urinary System: Amenorrhea, insufficient milk, menopausal problems.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Basil, Clary Sage, Cypress, Geranium, Grapefruit, Juniper, Lavender, Lemon, Peppermint, Rose, Rosemary and Sandalwood.

Regulate periods rub		Energizes, comforts the mind		Digestive blend	
Fennel	1	Fennel	1	Fennel	1
Cypress	5	Juniper	4	Orange	3
Clary Sage	4	Lemon	3	Peppermint	1
Total drops	10	Total drops	8	Total drops	5
Carrier oil	20 ml	In Vaporizers		Carrier Oil	10 ml