

Sweet Fennel

foeniculum vulgare 10ml

Sweet Fennel heightens low libido. Estrogen helps maintain good muscle tone, skin elasticity, good circulation, and strong bones – all of which deteriorate with aging. The ancients claimed Fennel promoted longevity, perhaps because of its similarity to estrogen. Athletes are known to use Sweet Fennel in baths or massage oils to tone muscles. It restores muscle tone and vitality to people convalescing after an illness. Sweet Fennel is known to pull out poisons from insect and snake bites. In Europe, it is frequently used for its detoxifying action in the treatment and rehab of alcoholics and drug abusers, and it can counteract alcohol poisoning.*

Sweet Fennel's detoxifying properties are helpful for controlling cellulite and for dieting. Sweet Fennel is also believed to suppress the appetite. European doctors have successfully treated gout with Sweet Fennel Essential Oil. They also use it to assist with arthritis and rheumatism because it prevents the buildup of toxins in the body, especially the joints.*

Sweet Fennel assists the body with fighting infection in the urinary tract. Its diuretic action prevents retention of urine and aids in eliminating bladder infections by flushing toxins from the body. Sweet Fennel is known to assist the body with toning the stomach, improving digestion and easing stress related indigestion, relieving colic, gas, hiccups, nausea, and vomiting. By assisting with toning the smooth muscles of the intestines, it strengthens peristalsis and counteracts constipation.*

USES

aromatic

- **Diffusion:** Diffuse 5 to 10 drops in a cool mist essential oil diffuser for 15 minutes per hour as desired throughout the day.*
- **Inhalation:** Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray into environment as desired.*

bath

- **Bath:** Add 20 drops in ½ cup of Pink Himalayan or Dead Sea bath salts in a warm bath to assist the body with circulation, excessive cellulite, obesity, edema, and rheumatism. It is also helpful for women experiencing a difficult menopause, an irregular menstrual cycle, or who are not able to make enough milk when breastfeeding.*

topical

- **Poultice:** Mixing 10 drops each of Sweet Fennel, Juniper Berry, and Cypress in bentonite clay mud to make an anti-cellulite poultice. Apply to the affected part(s) of the body for one hour.*
- **Temples:** Apply 1 to 2 drops neat (undiluted) to the temples to counteract the toxic effects of too much tobacco or alcohol.*
- **Feet:** For diabetics, dilute 2 drops each of Coriander Seed, Dill Weed, and Sweet Fennel with carrier oil. Rub on the feet morning and night.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution(15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Seeds

Extraction: Steam Distillation

Country of Origin: Hungary

Main Chemical Constituents: Anethole, limonene, phellandrene, pinene

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

responsible cautions

- Narcotic in large doses.
- Should not be used by epileptics or when pregnant until the 2nd trimester.
- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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