

Product Description:

Obtained from the seeds of *Foeniculum vulgare*, **Fennel (Sweet) Essential Oil** has a sweet, licorice-like aroma. Known for its digestive properties, it may help alleviate bloating and support healthy digestion. It is often used for its potential benefits in promoting a sense of focus and mental clarity as well. It blends well with citrus and herbal oils.

Product Code: [EZ08-EO]

Botanical Name: *Foeniculum Vulgare*

Country of Origin: Hungary

Extraction Method: Steam Distilled

* **Note:** COA and MSDS available on request.

Guidelines for Use:

1. **Dilution for Skin:** Mix 2-3 drops of Sweet Fennel essential oil with a carrier oil (such as almond or grapeseed oil) before applying to the skin. This helps ensure proper dilution and reduces the risk of skin irritation.
2. **Balancing Facial Steam:** Add a few drops of Sweet Fennel oil to hot water for a balancing facial steam. This can help cleanse pores and promote a refreshed and revitalized complexion.
3. **Aromatherapy Massage:** Dilute Sweet Fennel essential oil in a carrier oil and use it for a soothing massage. This can be beneficial for promoting relaxation and easing tension.
4. **DIY Body Lotion:** Mix a drop or two of Sweet Fennel oil with your unscented body lotion. Ensure even distribution for an aromatic and moisturizing experience.
5. **Aromatic Bath Soak:** Add a few drops of Sweet Fennel essential oil to your bathwater for an aromatic and soothing bath. This can contribute to a sense of relaxation and well-being.

Caution:

Always perform a patch test before widespread use, and be cautious if you have sensitive skin. Consult with a healthcare professional or dermatologist for personalized advice, especially if you have specific skin concerns or conditions.