

Cinnamon Oil Recipe & Labels

Supplies

- * Good quality cinnamon sticks.
- * Extra virgin olive oil
- * Clear jar for the first part of the process.
- * Amber or green colored glass jar. (Always store oils in a dark glass jar. No plastic. The jar must be dark because any light will affect the oil and make it lose it's properties.

Instructions

1. Place your cinnamon sticks in a pan and cover them barely with olive oil. The amounts do not have to be exact. A good estimate is 5 to 10 sticks for every 2 cups oil.
2. Bring the oil to a simmer. (DO NOT BOIL as olive oil is damaged by high heat.) Simmer your sticks for 2 to 3 hours.
3. Place the oil and sticks into a clear glass jar. Cover and let it sit in a warm place, preferably a window sill where it will get light for about 3 weeks, gently turning the jar upside down a couple times every day. The warmth further helps extract the cinnamon.
4. Now place the oil in a dark jar and store the oil in a cool dry place. You can either remove the sticks or keep them in during storage. I remove them once they turn a lighter color. That means all the goodies are extracted.

The oil will last for 1 year.

NOTES: This oil is not as strong as essential oils nor as fragrant. But it still has great medicinal properties and can be used as you would regular essential oil. It can also be taken internally. Test when using on skin as cinnamon is a "hot" spice. But this version is fairly tame. You can also skip the simmering step and just let the sticks soak for three weeks but the heating makes the oil much stronger and more medicinal.

Labels

Print, cut and attach to jar.

