

SAVE 10% IN NOVEMBER

SAVOR *the* SEASON  
with CINNAMON



## CINNAMON ESSENTIAL OIL

*Cinnamomum zeylanicum*

Cinnamon is most well known for its extensive use as a spice in flavoring food. However, its popularity as an essential oil stems from its many therapeutic uses, including cinnamon's cleansing properties and its usefulness with aches and pains.\*



3003 **\$28.00** retail 5 ml bottle

## HOT COCOA *flavored with CINNAMON*

MAKES 4 SERVINGS

### INGREDIENTS

1 Cup Water  
5 tsp. Cocoa Powder  
½ Cup Sugar  
1 ½ tsp. vanilla  
3 Cups Milk  
Cinnamon Essential Oil

### DIRECTIONS

Heat water, cocoa powder, and sugar on stove until ingredients smooth. Add vanilla and milk and bring to a simmer. Pour into your favorite mug. Add flavor by swirling a toothpick dipped cinnamon essential oil.

dōTERRA® **CPTG** Certified Pure Therapeutic Grade