



Fennel (Sweet)

(*Foeniculum vulgare dulce*) Botanical Family: *Umbelliferae*

Biennial plant growing to 2 metres, with bright green lace-like leaves, thin stalks and yellow flowers.

Plant Part used: seeds

Method of Extraction: steam distillation

Countries of Production: Spain, France, Hungary, Russia

Fragrance: sweet, aniseed-like

Note: middle to top

Main Chemical Components:

trans-anethole, fenchone, methyl chavicol, α -pinene

General Effect: energising

Indicated for:

The Face

combination skin
mature skin
normal skin
oily skin
revitalising
toning

The Body

cellulite
detoxifying
digestive problems
dysmenorrhoea
fluid retention
menopausal problems
relaxing
scarring
toning

Body Blending Guide:

Basil, bergamot, black pepper, clary sage, cypress, geranium, ginger, grapefruit, juniper, lavender, lemon, marjoram, pine, rosemary, sandalwood

Contra-indications:

Can cause skin irritation – use with care.

To be avoided during pregnancy and lactation.

To be avoided by those with epilepsy.

Purchasing Guide:

Price Range: low