

Sweet fennel Hungary

Foeniculum vulgare

ESSENTIAL OIL

ABOUT FENNEL

Sweet fennel is a perennial herb up that reaches to 1.80 meters in height. Its long, flexible, tubulous stems bear masses of light, feathery leaves. Several umbels made of small yellow flowers bloom in summer and produce pale-yellow to light-green fruits. Harvested when they become tinged with yellow, indicating maturity, the fruits are then dried and distilled. Sweet fennel essential oil has a lovely, characteristic aniseed fragrance, thus the common French names meaning “French anise” and “sweet dill».

Most likely native to the island of Malta, sweet fennel was introduced to the rest of Europe by monks or crusaders a thousand years ago. Known since ancient times, it was used medicinally by the Egyptians, then by the Greeks and Romans. The plant is now cultivated in Europe, Asia, and parts of Africa and South America. Cultivars were selected for quality and the seeds' essential-oil yield.



These applications are given for information only



AROMATIC Anise

THE FRAGRANCE

Sweet fennel essential oil is a common component of the liquorice accord. It is often found in ferny and spicy chords, to nuance them with a more marine and aniseed note.

WELL-BEING APPLICATIONS*

Promotes digestion, antispasmodic, hormone-like: emmenagogue and galactogen, general tonic. Promotes mental clarity and discernment, protects against aggressiveness of others, helps to close the questions left unanswered.

*These aromatherapeutic properties are excerpted from specific works and are provided for information purposes only. They are not, under any circumstances, to be considered sufficient as a basis for any health claim or diagnosis for purposes of therapeutic application.

20 kg
fennel seeds

Steam distillation
 $\eta = 5\%$

1 kg
of essential oil



Harvest calendar

J F M A M J J A S O N D

Traceability

Country Region Cultivated plots

OLFACTORY PROFIL

Aromatic, anisic, green, aqueous, licoricy.

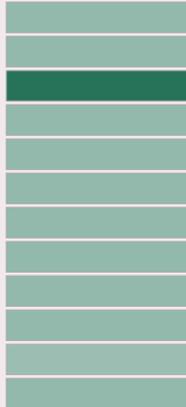
Head

Heart

Base

TENACITY

1 hour
2 hours
3 hours
6 hours
1 day
2 days
3 days
4 days
1 week
2 weeks
3 weeks
1 month



* Tenacity of characteristic notes

GLOBAL DATA

CAS TSCA: 8006-84-6
CAS EINECS: 84455-29-8
EINECS : 282-892-3
FEMA:2483
FDA: 182.200
CoE: 200n
INCI: Foeniculum vulgare oil

Resource: Cultivated
Processed plant part: Seeds

Transformation process: Steam distillation
Appearance: Colorless to pale yellow liquid
Main constituents: Trans-anethol, fenchone, methylchavicol, limonene
Active constituents: Trans-anethol, fenchone, limonene



ALBERT VIEILLE