

## Organic Cedarwood – *Cedrus atlantica*

**Code:** OR002

**Vol:** 10ml

**Country of Origin:** Morocco

### About the oil

**Distilled From:** The saw dust or stumps of the trees

**Aroma & appearance:** Sweet, dry woody. Yellowish to orange color.

#### Some beneficial ways of enjoying the oil:

- One of the more masculine of essential oils, Cedarwood is popularly used in toiletries for men. For a light, aftershave facial oil add 1 drop of Cedarwood, 2 drops of Patchouli and 2 drops of Bergamot to 15ml of Jojoba oil.
- To help improve the condition of the scalp and encourage healthy hair, add 3 drops each of Cedarwood and Rosemary to 10ml of Sesame oil and massage thoroughly into the scalp. Leave for as long as possible before shampooing out.
- Cedarwood's anti-septic, deodorising and insect-repellent properties make it a very useful oil for burning or diffusing. Try blending with any of the citrus oils.

This oil is entirely different from Virginian or Texan Cedarwoods. It comes from the Pine family, as opposed to the Cypress family, and is both chemically and olfactory distinct. It is thought to be related to the Lebanon Cedars of the Eastern Mediterranean. The oil is distilled from the sawdust or stumps of trees, which grow in the Atlas Mountains of Morocco.

#### Did you know?

The incense of cedarwood is used in temples in Tibet, and is part of their traditional medicine.

#### Key Search words:

Astringent, circulatory stimulant, fungicidal, antiseptic, great for stress related disorders

#### Safety Data

This oil should not be used during pregnancy

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