

Discover...

# Cedarwood

Juniperus Mexicana

Steam Distilled

*Calming, Comforting, Strengthening*

**Warm, soothing, woody aroma that promotes peace and relaxation of the mind and body, while also encouraging mental clarity and focus.**

Cedarwood oil is a versatile oil, which has been used by many cultures throughout history. It has been appreciated for as many spiritual and mood-enhancing benefits as it has been for its benefits to the physical body. Cedarwood is used to encourage a feeling of peace, along with mental clarity and focus, while physically promoting relaxation of the overall body. Some studies have shown Cedarwood to aid the immune system due to its natural abilities to lower stress. Since the 18<sup>th</sup> century, it has been studied for numerous therapeutic benefits, from its ability to promote intestinal and kidney health to its usefulness in treating respiratory conditions. Cedarwood has also been noted for its anti-inflammatory properties in alleviating painful joints and muscles, and for its antiseptic properties in promoting healthy skin. Ancient Egyptians used it in the embalming process; ancient Greeks used it to repel bugs; Some Native American tribes used it to enhance spiritual communication and overall protection.

**Topically\*:** The astringent characteristics of Cedarwood give it a valuable role in shampoos and in moisturizers to encourage clear and healthy skin; dab on the back of the neck to encourage focus; add to massage oil for promoting relaxation and inner peace.

**Aromatically:** Diffuse and/or inhale the scent of Cedarwood alone or with complimentary scents to promote peace and relaxation, and to increase feelings of comfort and clarity.

**Blends well with...**

**Bergamot** for feelings of strength and security

**Orange or Lemon** to boost feelings of warmth and happiness

**Lavender** to encourage relaxation & restful sleep

**Eucalyptus** to reduce sinus congestion

**More Tips & Common Uses:** Add a drop to wooden chests for preserving cloth items; add a few drops to hair conditioner to promote healthy hair; add to a water bottle and spray around the house to deter bugs. Add to any of our great recipes for hand creams, lotions, body butters and more.

\* Pure essential oils are very potent. We strongly recommend diluting them when applying topically to avoid any potential skin sensitivities. Please refer to our Essential Oil Safety Guidelines for more information.

**Disclaimer:** The information provided here and throughout our website is for educational purposes only and is not intended to treat, cure, or diagnose any condition. This information is not intended as a substitute for consulting with your health care provider. It's best to consult with a healthcare professional before using any essential oil during pregnancy or before using essential oils with children.