



Cedarwood Essential Oil

DESCRIPTION: A soothing, woody aroma. Diffuse it to help create a relaxed, grounded state of well-being.

TOP AROMATHERAPY BENEFITS: soothe • ground • relax

AROMA: Woody & Earthy

BLENDS WITH: Bergamot, Lavender, Orange

INGREDIENTS: Cedrus atlantica wood oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a soothing and grounding aromatherapy experience.

Feel Grounded

Diffuse or dilute and use topically when feeling anxious or experiencing fatigue. Apply to feet to promote grounded feelings.

Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

Soothe Joints

Combine with peppermint and a carrier oil and rub on achy joints.

Scalp Massage

Combine with carrier oil, rosemary and lavender for a scalp massage promoting healthy hair.

Add to Bath

Add a few drops to a warm bath for a soothing soak.

Natural Deodorizer

Combine with carrier oil, clove and tea tree to use as a natural deodorizer.

Bath Salts

Combine 15-20 drops essential oil with 2 tablespoons coconut oil and 2 cups Epsom salt to soothe skin.

Moisturizer

Use with a carrier oil as a natural skin moisturizer and to help soothe dry skin.

Wood Polish

Combine 10 drops essential oil with 2 tablespoons grated beeswax, and 8 tablespoons olive oil. Place ingredients in a glass jar and put in 2 inches water and allow to melt (do not boil).

Natural Moth Balls

Add a drop to a cotton ball and place in closet to keep moths away.

DIY AROMATHERAPY BLENDS:

Balance: Cedarwood + Clary Sage

Clean Kitchen: Cedarwood + Lemon + Orange

Down to Earth: Cedarwood + Canadian Fir + Clove

Fresh Woods: Cedarwood + Bergamot + Wintergreen

Morning Refresh: Cedarwood + Lemongrass

Mountain Air: Cedarwood + Canadian Fir + Peppermint

Rainy Day: Cedarwood + Bergamot

Stability: Cedarwood + Canadian Fir + Oregano

Uplift & Balance: Cedarwood + Orange