Essential Oil of SANDALWOOD

By Penny Keay

SANDALWOOD - Santalum album
Country of Origin - INDIA, Mysore
Processed - Steam distilled
Part used - root, heartwood
Smell - fruity, woody (sweet), warm and balsamic
Grown - wild
Note - base note
Shelf Life: up to 6-8 years

PROPERTIES & USES:

Therapeutic:
Anti-bacterial, anti-fungal, anti-inflammatory, antiseptic, anti-depressant, anti-spasmodic, aphrodisiac, calmative, emollient, expectorant, sedative, tonic

General Uses:
Emotional uses (see below), skin care, respiratory, muscle and joints for more information read below.

Skin/Hair Care:
candida, acne, skin blemishes, dry skin, oily skin, aging skin, any wound, inflammation.

Muscles and Joints:
muscle spasms, relaxing, calming, relieve tension.

Respiratory:
Coughs, sore throats, bronchitis, laryngitis, catarrh

Digestive:
nausea, vomiting, diarrhea (anti-spasmodic)

Emotional–Mind-Nervous-Brain:
anxiety, depression, nervous tension, nervous exhaustion, depression, insomnia, grief,

Industry and Household uses
Fragrance in soaps, perfumes, aftershaves and cosmetics. It is a ‘fixative’ type oil that will help prolong the scent of potpourri, perfumes and other fragrancy products. Sandalwood has been used in perfumery for at least 2000 years.

Although there is plenty of Fragrance Oil – copy-cats, none of them smells like the ‘real’ thing. Our S’Woods blend is about the closest you can come to the replication of Indian Sandalwood. If you have not tried it yet, please do. It is much more cost effective and uses pure essential oils from a variety of sandalwood oils from around the world.

NOTE: Sandalwood from India is strictly regulated by their government. To maintain sustainable availability only a certain volume can be harvested each year. It takes 30-40 years for Sandalwood trees to reach maturity to be harvested for its precious oils.

There are other Sandalwood oils available from Australia and Indonesia, West Indies, however, they do not have the same warm and woody scent as we expect from a sandalwood oil

BLENDs with:
Cardamom, roman chamomile, clary sage, coriander, frankincense, geranium, ginger, jasmine, juniper berry lavender, lemon, mandarin, neroli, sweet orange, palmarosa, patchouli, petitgrain, rose (any) valerian, ylang-ylang.
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Cautions:
- Safe when properly diluted for use on the skin
*Any essential oils - ingested in large amounts can be fatal*
*Keep out of reach of children*

BLEND TO TRY
In place of pure Sandalwood, these recipes work wonderful with our S’ Woods Blend

Skin Care Blend
Sandalwood - 10 drops
Rosewood NE - 10 drops
Lavender - 10 drops
Carrier oil - 30 ml

Mix and then massage on area. Use daily or as desired.

For a ROMANTIC MASSAGE
Sandalwood - 5 drops
Ylang Ylang - 15 drops
Black Pepper - 3 drops
Ginger - 2 drops
Fractionated Coconut oil or MCT Oil - 15 ml carrier oil

Mix all oils and add to the carrier oil, any carrier oil can be used but Fractionated Coconut oil and MCT oil are known to wash more easily out of bedding.

Shake well and warm gently before massaging, remember to give a reciprocating massage and enjoy!