

Cedarwood Organic Essential Oil (Atlas)



Botanical Name: *Cedrus atlantica*

Main Constituents:

g-Himachalene: 7.2%

b-Himachalene: 29.6%

Plant Part: Wood

Origin: Morocco

Processing Method: Steam Distilled

Description / Color / Consistency: A thin, golden yellow to orange or brown liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note of strong aroma, Cedarwood Atlas Oil has a woody, sweet, scent that is sharper than Virginian Cedarwood, and slightly reminiscent of mothballs.

Blends With: Rosewood, Bergamot, Cypress, Cassia, Jasmine, Juniper, Neroli, Labdanum, Frankincense, Clary Sage, Vetiver, Rosemary, Ylang-ylang.

Product Abstract: Cedarwood is a pyramid-shaped majestic evergreen tree, which grows up to 131 ft. high. The wood itself is hard and strongly aromatic because of the essential oil it contains, which is obtained by steam distillation. Originating in the Atlas Mountains in North Africa, linen chests were frequently crafted from Cedar. The ancient Egyptians prized the oil, mostly for embalming purposes, but also for cosmetics and perfumery, and Solomon's Temple was built with Cedar Wood. Today, closet liners and accessories are frequently crafted from Cedar, and the oil is currently used in commercial soaps, cosmetics and perfumes, especially men's colognes.

Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes

should be avoided.

IMPORTANT: All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

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The health benefits of Cedarwood Essential Oil can be attributed to its properties as an antiseborrheic, antiseptic, antispasmodic, tonic, astringent, diuretic, emenagogue, expectorant, insecticidal, sedative and fungicidal substance.

Cedarwood Essential Oil is extracted through the process of steam distillation from the wood pieces of the Cedar Wood tree, which has the scientific name *Juniperus Virginiana* (also known as *Cedrus Doedara*, *Cedrus Atlantica*, and *Cedrus Libani*, depending on the regions where they are found) in other nomenclature systems. However, the complicated names of cedar wood essential oil do not affect the medicinal uses of the oil, of which there are many. Cedarwood is basically a plant native to cold climates and is normally found at high altitudes. The chief components of Cedarwood Essential Oil are Alpha Cedrene, Beta Cedrene, Cedrol, Widdrol, Thujopsene and a group of Sesquiterpenes, which contribute a great deal to its medicinal value and health benefits.

Health Benefits of Cedar Wood Essential Oil

Here are a few of the most popular and well-researched medicinal properties and benefits of Cedarwood Oil.

Antiseborrheic: Seborrhoea or Seborrheic Eczema is a dreadful disease that is caused by a malfunction of the sebaceous glands. This results in increased sebum production and a subsequent infection of the epidermal cells. It looks very ugly as the skin, colored white or pale yellow, starts peeling off, particularly from the scalp, eyebrows, inner ear and anywhere else with hair follicles. Cedarwood oil can be beneficial in curing this inflammatory situation and can reduce this skin peeling regularizing sebum production and treating the infection. The oil also reduces the ugly redness and obvious signs of the condition while treating it.

Antiseptic: Cedarwood oil prevents wounds from becoming septic as well as protecting them from tetanus germs. It can safely be applied externally on wounds as an antiseptic, and it is even used as an ingredient in herbal antiseptic creams. By defending the body against toxins, the cedarwood essential oil relieves the white blood cells and immune system of the extra stress, which allows them to better protect internal functions.

Anti-inflammatory: Although the studies have mainly been done on animals, early human tests have been very positive in terms of cedarwood oil's anti-inflammatory effects on arthritis. The inflammation of the joints and tissues that results in such debilitating pain or discomfort can be somewhat lessened by the inhalation or topical application of the oil on the skin.

Antispasmodic: Relieving spasms is yet another important medicinal property of Cedarwood Oil.. Nearly all types of spasms and related ailments can be relieved using this oil. This includes spasms that affect the respiratory system, intestines, muscles, heart and nerves. People that have trouble sleeping due to restless leg syndrome, respiratory seizures, asthma, and other spasmodic conditions also find relief from the soothing properties of cedarwood oil.

Tonic: Cedar Wood Oil can be used as a general health tonic, since it tones the organ systems and stimulates metabolism. It tightens and tones muscles, skin, nervous system, stomach, digestive system and brain functions. It boosts the functionality of the kidney and liver, which further improves overall health and wellness.

Astringent: As an astringent, Cedarwood Oil helps to cure toothaches, strengthens the grip of gums on teeth and protects them from falling out. It also tightens

loose muscles and gives a feeling of firmness, fitness and youth. This property can also be used to cure diarrhea, by tightening the muscles of the digestive system and contracting those spasm-prone muscles. As an astringent, cedarwood oil is also a useful tool for protecting the skin from toxins and bacteria. Astringent substances also cause skin proteins to coagulate, where they then dry and harden, forming a protective shield on the applied area.

Diuretic: Its role as a diuretic is another beneficial property of Cedarwood Oil that can help cure a number of ailments including obesity, hypertension, high blood pressure, rheumatism, arthritis, gout, urinary tract infections and the accumulation of toxins in the blood. Being a diuretic, it increases the frequency of urination which serves as a medium for removal of fat, excess water and toxins like uric acid from the body. These toxins and extra water accumulated in the body are the main causes behind the above-mentioned ailments.

Emmenagogue: Those who are having obstructed and irregular menstruation can definitely benefit from using Cedarwood Oil, as it is an emmenagogue, which means it stimulates and bring about menstruation, while also regularizing the cycle. The pain and side effects like nausea, fatigue, and mood swings associated with menstruation are also relieved through the regular use of Cedarwood Oil because it can impact the hormonal function of various glands in the endocrine system.

Expectorant: If you are suffering from cough, cold and related congestion, you should try Cedarwood Oil to alleviate the irritation. It is an expectorant and efficiently eliminates coughs and removes phlegm from the respiratory tracts and lungs, thereby relieving congestion. It also gives relief from headaches, red and watery eyes, and other symptom of coughs and colds. A small amount of this oil can also help you get a good night's sleep when suffering from cough and cold. By stimulating the loosening of phlegm and the coughing which will remove it, you also protect your respiratory tract and overall health from toxins and conditions that excess phlegm can cause.

Insecticide: Cedarwood oil has been in use as a mosquito and insect repellent for a long time. When used in vaporizers, it drives away mosquitoes, flies and other insects in a large area around the house. It is regularly sprinkled on pillows or sheets at night so mosquitoes and other similarly irritating bugs and pests are driven away while you sleep.

Sedative: Its popular use as a sedative might be the most unexpected and valuable aspect of Cedarwood oil's medicinal properties. It is an excellent sedative, and has a great soothing and calming effect on the mind, cures inflammations, itching of skin, while relieving tension and anxiety. This feature also helps in promoting healthy, restorative, and uninterrupted sleep, so it is often used by patients suffering from insomnia. In aromatherapy applications, the scent can induce the release of serotonin, which is converted into melatonin in the brain. Melatonin induces fatigue and calm, restorative sleep. For this reason, cedarwood aromatherapy is also recommended for people with chronic anxiety, stress, and depression, since it can relieve those conditions as well.

Fungicide: Cedarwood Oil has good fungicidal properties and may be employed to cure fungal infections, both external and internal. Specific studies have shown the inhalation of cedarwood oil to protect the body against various types of food poisoning, as well as plant, animal, and human fungal pathogens!

Other Benefits: Cedarwood oil is equally beneficial in curing acne, arthritis, bronchitis, cystitis, dandruff, dermatitis, stress, kidney disorders and as a treatment against oily skin.

A Few Words of Caution: Cedarwood Oil may produce irritations on the skin if used in high concentrations. Pregnant women should avoid its use altogether, and others should speak with their doctor before making any sort of drastic change, or adding something new to their dietary regimen. Unlike some essential oils, cedarwood oil cannot be ingested in any quantity. It is a highly potent oil, and can cause vomiting, nausea, and thirst, and extensive damage to the digestive system.

Blending: Oils like Bergamot, Benzoin, Cypress, Cinnamon, Frankincense, Juniper, Jasmine, Lemon, Lime, Lavender, Rose, Neroli and Rosemary form good blends with Cedarwood Oil.

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