

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Cedarwood (Himalayan) Essential Oil

Botanical Name: Cedrus Deodora

Plant Part: Bark

Extraction Method: Steam Distilled

Origin: India

Color: Yellow to Yellow/amber

Consistency: Thin

Note: Middle

Strength of aroma: Strong

Aromatic Scent: Dry woody, slightly camphoraceous and smoky scent.

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

Common uses:

Eczema, psoriasis, dermatitis, acne, skin balance, nervous system tonic, antiseptic, fungicide, insecticide, antispasmodic, astringent, emmenagogue (irregular menstruation), antidepressant, anxiety, tension,

Cautions:

Since it is an emmenagogue, pregnant women should avoid cedarwood oil.

Since it is such a strong oil, cedar wood oil should only be used in proper diluted form on the skin, and even then, check for sensitivity before using it over large areas of skin. Avoid during pregnancy.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

