

## **ROSEWOOD**

*Aniba rosaeodora*

Gentle skin care

<b>Source:</b>	Brazil
<b>Extraction:</b>	Steam or water distillation of wood chips or shavings
<b>Blending Factor:</b>	5
<b>Odour Note:</b>	Middle

### **Characteristics:**

This oil is a colourless to pale yellow liquid. A sweet refreshing, floral, woody, spicy odour with a hint of pepper and cineole in the top note.

### **Safety Precautions:**

Nontoxic, non-irritating and non-sensitising.

### **History:**

The tree is native to the jungles of the Amazon basin where government controls and initiatives are operating to implement plantation growth and sustainable harvesting. The commercial interest in rosewood oil is in its high content (80-90%) of linalool, an important aromatic chemical used in the fragrance industry.

### **Therapeutic Actions:**

Antidepressant, antiseptic, bactericidal, cephalic, cytophylactic, deodorant, immune stimulant

### **Enhances:**

Clarity, balance, lovingness, confidence, femininity, happiness, sensuality, warming, comforting, pleasing, de-stressing, moisturizing, healing deodorizing

### **Reduces:**

Anxiety, depression, grief, infections, restlessness, sexual fears, stress, tension

### **Uses:**

**Nervous system:** Anxiety, depression, headaches, stress-related conditions

**Skin:** Acne, dermatitis, scars, wounds, deodorant, mature skin, dry skin.

### **Methods for use:**

#### **Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

#### **Bath**

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

### **Vaporiser**

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

### **Footbaths**

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

### **Blends well with:**

Citrus Oils, Cedarwood, Frankincense, Geranium, Lavender, Neroli, Palmarosa, Patchouli, Petitgrain, Rose, Rosemary, Sandalwood, Vetiver and Ylang Ylang.

<b>Relaxing Evening Bath</b>		<b>Uplifting –mood enhancer</b>		<b>Tension Headache</b>	
Rosewood	3	Rosewood	2	Rosewood	2
Lavender	3	Geranium	2	Basil	1
Ylang Ylang	2	Bergamot	3	Lavender	3
Total drops	8	Total drops	7	Total Drops	6
Dispersant	5 ml	In Vaporiser		Carrier	9 ml
Bath				Or Vaporiser	