

SANDALWOOD
Santalum album
Calming and quietening

Source:	East India
Extraction:	Steam or water distilled from wood and roots.
Blending Factor:	6
Odour Note:	Base

Characteristics:

This oil is a pale to yellow, viscous liquid with deep warm, subtle, sweet/woody odour.

Safety Precautions:

Nontoxic, non-irritating and non-sensitising.

History:

Sandalwood is one of the oldest known and most revered aromatic materials. It has history of use spanning over 4000 years but was unknown and unvalued in Europe until the 18th century. Sandalwood is one of the most important woods in Indian culture and is used extensively for spiritual, ritual and medicinal purposes. Important to the religious rituals of the Hindu, Buddhist, and Muslim cultures, it plays a helpful role in preparing the mind for meditation. After its introduction by Buddhist monks, it became so valued in China that, in the 19th century, tea merchants would only accept sandalwood, gold or spices for their produce.

Therapeutic Actions:

Anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, demulcent, diuretic, emollient, expectorant, sedative, tonic

Enhances:

Centering, comfort, confidence, endurance, inner tranquility, lovingness, meditation, spirituality, understanding, , elevating, energizing, uplifting, stimulating, warming.

Reduces:

Depression, inflamed skin conditions, irritability, lack of concentration, PMS, restlessness, sexual trepidation, self doubt, sleeplessness, stress

Uses:

Nervous system: Anxiety, insomnia

Circulation/Muscle: Lumbago

Respiratory system: Bronchitis, dry cough

Skin: Cracked/chapped dry skin, inflammation, irritation, sunburn

Emotional/Mental Meditation, aphrodisiac

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:

Basil, Bergamot, Cedarwood, Cypress, Frankincense, Geranium, Jasmine, Lavender, Lemon, Myrrh, Neroli, Palmarosa, Patchouli, Petitgrain, Rose, Rosewood, Vetiver, Ylang Ylang.

Facial – Dry Skin		Meditation		Relaxing Bath to help with Insomnia	
Sandalwood	3	Sandalwood	2	Sandalwood	3
Geranium	3	Frankincense	1	Lavender	4
Lavender	3	Clary Sage	2	Marjoram	3
Total drops	9	Total drops	5	Total Drops	10
In Carrier-Luxury Blend	18ml	In Vaporiser		Dispersant	5ml