

# Sandalwood

## *Santalum album*

**Therapeutic Properties:** *Antidepressant, antiphlogistic, antiseptic (urinary and pulmonary), antispasmodic, aphrodisiac, astringent, bactericidal, carminative, cicatrizant, diuretic, expectorant, insecticidal, sedative, tonic.*

Sandalwood is found in many perfumes and is used as a fixative. It is viscous and holds the lighter notes in a perfume. Sandalwood is a fragrance most men like, and it is known for its aphrodisiac effects.

Sandalwood's use in the treatment of skin problems is legendary. It is an excellent moisturizer and nourishes all skin types. Its astringent, anti-inflammatory, antiseptic, and pain-relieving properties have been used in healing wounds, scars, and acne. Often used in cosmetics, it is well tolerated on dry and chapped skin and is excellent for reducing wrinkles. It can also be used for oily skin.

Sandalwood's antiseptic properties have been successfully employed for treating gonorrhea and leucorrhea. It has long been valued for treating these types of genitourinary infections. One of the most effective Essential Oils for cystitis, it can be used in a sitz bath. Possessing antispasmodic properties, it is used for treating bronchitis, catarrh, coughs, sore throat, and related diseases.

## aromatherapy & home uses

**Digestive System:** Diarrhea, nausea.

**Genitourinary System:** Cystitis.

**Nervous System:** Depression, insomnia, nervous tension and stress-related complaints.

**Respiratory System:** Bronchitis, catarrh, coughs (dry, persistent), laryngitis, sore throat.

**Skin Care:** Acne, dry, cracked, and chapped skin, aftershave (barber's rash), greasy skin, moisturizer.

## suggested usage

### BATH:

- Add 12 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. May assist the body with cystitis and prostatitis. Soak a minimum of 20 minutes.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale. For the mind, it creates a calming and harmonizing effect while reducing tension and confusion.

### INTERNAL

- You can use 1 drop in a spoon of honey when first feeling a sore throat. It has a bitter taste but usually the sore throat will disappear after this one application.

### MISTING

- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

### TOPICAL

- Add 10 drops of Sandalwood to 1 ounce of carrier oil. Apply to the chest, back, and over the lungs as well as the throat to assist the body with a sore throat or cough.
- Add to 2-3 drops to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or carrier oil.
- Add 1-2 drops on pulse points for a chemical free personalized scent. The fragrance is legendary with warm, sweet, slightly spicy, precious wood-notes. It is a fragrance most men enjoy and is known for its aphrodisiac effects. Apply with floral scents to give them a more tenacious fragrance.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Not recommended for epileptics.
- Contraindicated for those with severe depression due to the potency of its relaxation effect which may cause them to become completely introspective.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

### Wildcrafted

**Producing Organ:** *Heartwood and inner wood*

**Extraction:** *Steam Distillation*

**Country of Origin:** *Sri Lanka*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*

Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

Remember that blends, because of the smaller percentage of stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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