



## Cedarwood Essential Oil

**DESCRIPTION:** A soothing, woody aroma. Diffuse it to help create a relaxed, grounded state of well-being.

**TOP AROMATHERAPY BENEFITS:** soothe • ground • relax

**AROMA:** Woody & Earthy

**BLENDS WITH:** Bergamot, Lavender, Orange

**INGREDIENTS:** Cedrus atlantica wood oil

**COLLECTION METHOD:** Steam Distilled

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Avoid sunlight or UV rays for up to 12 hours after applying product.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a soothing and grounding aromatherapy experience.

#### Feel Grounded

Diffuse or dilute and use topically when feeling anxious or experiencing fatigue. Apply to feet to promote grounded feelings.

#### Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

#### Soothe Joints

Combine with peppermint and a carrier oil and rub on achy joints.

#### Scalp Massage

Combine with carrier oil, rosemary and lavender for a scalp massage promoting healthy hair.

#### Add to Bath

Add a few drops to a warm bath for a soothing soak.

#### Natural Deodorizer

Combine with carrier oil, clove and tea tree to use as a natural deodorizer.

#### Bath Salts

Combine 15-20 drops essential oil with 2 tablespoons coconut oil and 2 cups Epsom salt to soothe skin.

#### Moisturizer

Use with a carrier oil as a natural skin moisturizer and to help soothe dry skin.

#### Wood Polish

Combine 10 drops essential oil with 2 tablespoons grated beeswax, and 8 tablespoons olive oil. Place ingredients in a glass jar and put in 2 inches water and allow to melt (do not boil).

#### Natural Moth Balls

Add a drop to a cotton ball and place in closet to keep moths away.

### DIY AROMATHERAPY BLENDS:

**Balance:** Cedarwood + Clary Sage

**Clean Kitchen:** Cedarwood + Lemon + Orange

**Down to Earth:** Cedarwood + Canadian Fir + Clove

**Fresh Woods:** Cedarwood + Bergamot + Wintergreen

**Morning Refresh:** Cedarwood + Lemongrass

**Mountain Air:** Cedarwood + Canadian Fir + Peppermint

**Rainy Day:** Cedarwood + Bergamot

**Stability:** Cedarwood + Canadian Fir + Oregano

**Uplift & Balance:** Cedarwood + Orange

Dilution Ratio: Best practices state that one ½ tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.