

SANDALWOOD

Botanical Name: Santalum album

Note: Base Odor Intensity: Medium

KEY USES:

- Aphrodisiac
- Bladder infection, cystitis
- Bronchitis, persistent
- Calming and grounding
- Cough, dry
- Cracked skin
- Diarrhea
- Eczema
- Kidney infection
- Impotence
- Spiritual aid
- Urinary tract problems

Aroma: Woody, deep lasting, musky, sweet, balsamic

Blends well with: Chamomile, patchouli, geranium, bergamot, jasmine, frankincense, rose, ylang ylang.

Properties: Antifungal, anti-inflammatory, antiphlogisitc, antiseptic, antispasmodic, astringent, aphrodisiac, astringent, decongestant, diuretic, emollient, expectorant, insecticide, nerve relaxer, sedative, tonic.

Emotional concerns: Sandalwood can be helpful with obsession and materialism, calming, relaxing and warming to the mind and emotions. Best avoid if in states of depression, it may lower the mood.

Contraindications: Use with moderation.

Sandalwood is one of the oldest know sources of perfume and incense. As a powerful meditation and prayer aid, it helps the mind set aside mental chatter and create the right mood for worship. Sandalwood essence is steam distilled from the heartwood of the sandalwood tree.

RELAXING BATH

5-6 drops sandalwood

2-3 drops Roman chamomile

Combine essential oils with 1 teaspoon honey. Add honey and oil mixture to running bath water.