



# Cedarwood

## *Juniperus Virginiana Essential Oil*

This clean smelling, balsamic oil helps to calm and balance energy. It can also promote spirituality. When used topically or aromatically, it promotes a relaxed environment.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used aromatically

### Primary Benefits

Aids in restful sleep, great for oily skin and acne, promotes calm and relaxation, naturally repels insects, brings relief to the scalp from dandruff.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Soft, woody, Herbaceous

### Collection Method

Steam Distillation

### Plant Part

Wood

### Main Constituents

a-cedrene, b-cedrene, cedrol, thujosene

### Description

The Egyptians used Cedarwood in the mummification process, as well as in cosmetics and as an insect repellent. Due to its warm, rich, woody scent, Cedarwood can provide many benefits - Cedarwood has a very calming yet strong aroma that promotes feelings of strength, vitality, and overall wellness. Cedarwood is often used during massage therapy to calm and relax the mind and body. It is great for acne and oily skin, as well as hair and dandruff. Cedar wood also aids in promoting a restful nights sleep.

### Uses

- Diffuse to calm and soothe troubled nerves
- Add one to two drops to your facial routine for clarifying benefits
- Place a drop on a cotton ball and place in closet to keep moths away
- Apply one to two drops on big toe at night to assist in a restful nights sleep
- Add to Spark Naturals Carrier Oil or dilute in the bath to assist with bronchitis, asthma, and other respiratory problems

### Properties

Anti-fungal, anti-infectious, anti-seborrheic, antiseptic, antispasmodic, astringent, circulatory stimulant, diuretic, emmenagogue, expectorant, insecticidal, sedative, tonic

*\*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.*



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