



# Sandalwood

*Santalum album essential oil*

Sandalwood is one of the oldest essential oils dating back to biblical times. It has a thicker viscosity and has an exotic earthy smell. It is yellowish in tint and is becoming very rare.

Size: 15ml

Size 5ml

APPLICATION METHODS: Can be used topically -  
Can be used internally - Can be used aromatically

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## Primary Benefits

Sandalwood essential oil and act as assist and act as an antidepressant, astringent, aphrodisiac, sedative, and antiseptic.

## Directions of Use

**Diffusion:** use three to four drops in a diffuser.

**Internal Use:** Orally gargle with a few drops of oil and a few ounces of water.

**Topical Use:** Blend with lotions, creams or use in bath.

## Cautions

Always test for skin sensitivity prior to widespread use and use on the feet when possible. Excessive use of any oil can lead to skin sensitization. Keep out of eyes, ears, or nose.

## Aromatic Description

Woody, sweet

## Collection Method

Steam distilled

## Plant Part

Wood

## Main Constituents

Santalol, Nuciferol, Bergamotol

## Description

Sandalwood Essential Oil is a profoundly versatile essential oil for its applications spiritual and emotional applications as well as its applications in perfumery/fragrancing and skin care. Emotionally, Sandalwood Essential Oil is calming and helps to instill a sense of inner peace. It is a good choice to try in cases of stress, depression or low self esteem. Sandalwood is also considered an aphrodisiac. Aromatically, Sandalwood Essential Oil is rich, woody yet sweet. It is frequently utilized in high end fragrances and is a favorite amongst both men and women. Sandalwood is a base note and helps round out blends.

## Uses

- Diffuse for its Aphrodisiac effect or to help clear coughs, chest infections, insomnia, tension or stress.
- Blend with lotions, creams or use in bath to help with eczema, insomnia, moisturizing the skin and to relieve nervous tension.
- Orally gargle with a few drops of oil and a few ounces of water to help provide relief from a dry or sore throat.

## Properties

Antidepressant, Astringent, Aphrodisiac, Sedative, Antiseptic.