



LAVENDER & CEDARWOOD ESSENTIAL OIL GUIDE



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Lavender and Cedarwood Essential Oil Benefits and Uses

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If you're looking for a way to relax and unwind, look no further than lavender and cedarwood essential oils. These two oils are known for their calming and soothing properties, making them the perfect addition to your evening and nighttime routine. Lavender oil can help with anxiety and insomnia, while cedarwood oil is known for its ability to reduce anxiety and improve sleep quality. Add a few drops of these oils to your diffuser or apply them topically before bedtime. Keep reading to find out more about mixing lavender and cedarwood.

What are the lavender and cedarwood essential oil benefits? The scent of cedarwood and lavender oil is known to be calming and relaxing, which makes it the perfect way to wind down at the end of a long day.

These oils can be used in a diffuser, inhaled directly, or applied topically with carrier oil. Simply add a few drops of each oil to your diffuser or apply it topically to your wrists before bedtime. Lavender and cedarwood can make a great addition to your aromatherapy collection when used correctly.

When cedarwood and lavender essential oil are diffused it can help to create a calm and tranquil environment. Whether you are looking to improve your skin or your mood, this [essential oil combination](#) may be worth a try.

What is lavender essential oil used for?

Lavender oil is one of the most popular essential oils out there, and for good reason. Lavender essential oil has a wide range of properties and uses, both for physical and emotional wellbeing. It can be used to help with occasional insomnia, headaches, pain, and stress.

For example, lavender oil can be added to a diffuser to help promote sleep, or diluted with carrier oil and applied topically to the temples to help relieve a headache or tension. It is commonly used as an alternative treatment for a variety of skin conditions.

When it comes to stress, lavender oil can be used in a similar way to promote relaxation. Inhaling lavender oil or applying it topically to the skin can help to reduce feelings of anxiety and tension. A [relaxing lavender massage oil](#) can also be made at home.

Additionally, lavender oil can also be used around the home as a natural cleaning product or insect repellent. Due to its versatility, lavender oil is a popular choice for those looking for an all-natural solution for their health and wellbeing.

What is cedarwood essential oil used for?

Cedarwood oil is another essential oil with calming properties. [Cedarwood essential oil](#) is extracted from the wood of the cedar tree, it is sometimes called cedar essential oil. It has a woody, earthy scent and is commonly used in a variety of skin care, cosmetics, and cleaning products.

Cedar oil has a wide range of uses and benefits. It can be used to relieve muscle aches and pains, reduce inflammation, and promote healthy skin. Additionally, cedarwood essential oil is often used as an insect repellent and hair growth.

When used in aromatherapy treatment, cedarwood essential oil can help to relieve stress and tension. In addition, cedarwood essential oil can be used to soothe anxiety and as a sedative. It can also be used in diffusers to help create a relaxing atmosphere.

Add a few drops of cedarwood oil to your diffuser or apply it topically to your chest before bedtime. It also has antibacterial and antifungal properties, making it an ideal choice for use in [natural cleaning recipes](#).

Types of Cedarwood

Cedarwood oils are obtained through steam distillation, here are the most common types:

- Atlas Cedarwood
- Virginian Cedarwood
- Himalayan Cedarwood
- Texas Cedarwood

Cedarwood Atlas essential oil is the type that I most often use and the one that I make sure I always have it on hand. It has a slightly sweet, woody scent.

Can you Mix Lavender and Cedarwood Essential Oil?

Cedarwood essential oil has a woody, earthy scent that is perfect for grounding and centering. It can be used on its own or mixed with other oils to create a custom blend. When blending cedarwood with other oils, it is important to consider the properties of each oil.

[Lavender mixes well with](#) many essential oils. For example, lavender is known for its calming and relaxing properties, so it makes sense to mix cedarwood with lavender if you are looking for an oil that will help you to relax and unwind after a long day.

Cedarwood and Citrus Oils

However, cedarwood can also be blended with other oils to create a more complex scent. If you are looking for a blend that is both grounding and uplifting, try mixing cedarwood with [citrus essential oils](#) like lemon or grapefruit. The resulting mix will be refreshing and invigorating, perfect for diffusing during your morning routine.

What are the Lavender and Cedarwood Essential Oil Benefits?

Cedarwood and lavender are both popular choices for aromatherapy. Lavender oil is said to be calming and soothing, while cedarwood oil is said to be grounding and balancing.

Here's a closer look at some of the benefits of lavender and cedarwood.

- When used together, these oils can create a calming and uplifting atmosphere.
- Mix lavender and cedarwood essential oil together in a diffuser blend for relaxation.
- You can also add a few drops of lavender and cedarwood oil to your shampoo or conditioner for an extra dose of [relaxation during your shower](#) (plus a healthier scalp and hair).
- Their calming and soothing properties make them the perfect addition to your nightly routine, make an [essential oil pillow spray](#) with the blend.

- If you're looking for a way to renew your mind, look no further than lavender and cedarwood essential oil bath.

As you can see, lavender and cedarwood essential oil can be used for a variety of physical and mental health ailments. Before using either oil topically, it is important to [do a patch test](#) first to ensure you are not allergic.

How do you use cedarwood essential oil?

Cedarwood essential oil has a wide range of uses, making it a versatile addition to any natural health and beauty routine. The oil can be used to improve skin and hair health, as well as to ease anxiety and tension.

Here are some of the most popular ways to use cedarwood essential oil:

- Add a few drops to your shampoo or conditioner to improve scalp health.
- Massage into your skin to improve circulation and relieve muscle tension after diluting with a carrier oil.
- Diffuse in your home or office to create a calming atmosphere.
- Add a few [drops to your bathtub](#) for a relaxing soak.
- Cedarwood oil can be inhaled directly from the bottle.

Can you put cedarwood oil directly on skin?

Cedarwood essential oil is a popular choice for aromatherapy and skin care products due to its woody scent and potential benefits for the skin. However, cedarwood essential oil is extremely concentrated and should not be applied directly to the skin without diluting first.

When used in small amounts and diluted properly, cedarwood oil can be safe for most people to use on their skin. When cedarwood oil is diluted with a carrier oil, such as jojoba or coconut oil, it can be used to massage the skin or added to lotions and creams.

Cedarwood essential oil has a grounding scent that can be used to improve [focus and concentration](#). It is also believed to help with respiratory issues such as congestion and coughs.

Lavender and Cedarwood Essential Oil Blends

Use these cedarwood and lavender blends in a variety of applications, like aromatherapy inhaler, essential oil bath blend, aroma diffuser, topical roll on, and so much more. Adjust the drops as needed to fit your DIY project and essential oil collection!

When using in an ultrasonic essential oil diffuser, add the required water per manufacturer and drops of oil listed in the recipe.

Calm and Comfort

This blend works great for diffusing or using topically in a roller bottle, mix with fractionated coconut oil.

- 3 drops Lavender
- 2 drops Cedarwood
- 2 drops Vanilla
- 1 drop Orange

Ground and Relax

This essential oil blend makes a great roll on natural remedy for relaxing or to use during yoga or meditation. Ground and Relax blend can also be diffused in a room to create a positive space.

- 3 drops Lavender
- 3 drops Orange
- 2 drops Cedarwood
- 2 drops Frankincense

Clear My Head

Diffuse this oil blend when you need some focus and mental clarity. Great for work productivity. Add this blend to a car diffuser to keep you alert while driving.

- 3 drops Lemongrass
- 3 drops Lavender
- 3 drops Cedarwood

Spring Blossom Inhaler Blend

This is a perfect floral woody blend to use in an inhaler blend. A few deep breathes of this fragrance can be transformative. The mind feels at ease and the spirit is comforted.

- 4 drops Lavender
- 3 drops Cedarwood
- 3 drops Geranium
- 3 drops Rose

Woody Refresh

This trio of essential oils offers a refreshing scent that can be used with unscented lotion, on diffuser jewelry, or in an aromatherapy diffuser (either a nebulizer or ultrasonic one).

- 4 drops Lavender
- 3 drops Cedarwood
- 3 drops Lemon

Soothe Me

Perfect for massage or body oil, just add the drops to 1 oz of your favorite carrier oil. Also works great on aromatherapy jewelry, in aroma inhaler or roller bottle, even with unscented lotion too!

- 2 drops Lavender
- 2 drops Cedarwood
- 2 drops Frankincense
- 2 drops Geranium
- 2 drops Patchouli

Restless No More

The cedar oil rounds out this sweet essential oil blend, these oils soothe and put the mind and body at ease. Use in a diffuser or roll on bottle, or mix with a favorite natural butter for a homemade body butter cream.

- 4 drops Lavender
- 3 drops Cedarwood
- 3 drops Sweet Marjoram

Magnolia Dreams

Diffuse this dreamy blend in your bedroom in the evening or while showering to create a spa like atmosphere. Can be used in other application methods too, like natural perfumes.

- 3 drops Magnolia
- 2 drops Lavender
- 2 drops Cedarwood

Final Thoughts on Cedarwood and Lavender Essential Oil Benefits

As you can see, cedarwood essential oil can be used in many different ways to support your health and well-being, from relaxation to skincare. Lavender and cedarwood essential oils are two of the most popular essential oils on the market. They have a wide variety of uses if you're looking for an oil that offers versatility and powerful benefits, cedarwood is a great choice.