

Cedarwood Essential Oil



At Meraki Essentials we call Cedarwood the "The Wisdom Potion" as it stimulates the mind, maintains steadiness, balance and integrity. Extracted from the wood pieces (Cedrus Deodar) tree through Steam Distillation.

The oil of Cedarwood has a delightful, woody, calming and grounding aroma said to induce steadiness, security and stillness.

Cedarwood purifies energy and releases toxic emotions that stifle spiritual growth and is mentioned in the Bible as a symbol of safety and is said to be our link to our ancestors.

Diffusion may help in : Relieving insomnia, calming, *empowering the mind, *Relaxing an overactive mind, *Balancing emotional mayhem, *Improving focus & memory, *Calming symptoms of ADHD, *Repelling Insects

Massage may help in : Relieving eczema, *Relieving arthritic pain, *Reducing nerve inflammation, *Easing muscle pain, *Subsiding and healing acne, *Hydrating scalp and hair, *Fighting hair loss, *Toning Skin, *Evens out complexion, *boosting vitality.

How to use Essential Oils?

It is important for a user of Essential Oils to acquire knowledge before using them so as to be able to use them safely & to get desired results. There is plethora of information available on each essential oil, its benefits, and usage, in books and on the internet.

Informed use of essential oils can derive immense benefits to mind, soul & body.

In general, essential oils are used as under:

Blend 2 – 3 drops of an essential oil with 5-6 ml of carrier oil & massage gently on skin and hair.

Add a few drops to bath water to reap benefits.

Use 4-5 drops of essential oil in water, diffuse & witness wonderful fragrances bringing delight to the mind & soul.

Be careful not to use higher quantities

Precautions: Avoid during pregnancy * Use sparingly * Do not use undiluted on skin * Patch test recommended before use * May cause allergy to sensitive persons in which case discontinue use immediately * Avoid contact with eyes & mouth * Essentials oils are flammable * Store in a cool & dry place, away from sunlight * Keep out of reach of children * Use within three months of opening the bottle * For external use only * Not for ingestion