

## CEDARWOOD (ATLAS) ESSENTIAL OIL

The Atlas Cedar is a large tree, native to the Atlas Mountains of Morocco and grows to around 30 metres tall with a trunk diameter of up to 2 metres. The essential oil is extracted from the wood and sawdust of the tree using steam distillation. With its warm and woody aroma, Cedarwood essential oil is calming, comforting and grounding and is known to promote skin vitality and clear breathing.



<b>Botanical Name</b>	<i>Cedrus atlantica</i>
<b>Plant Part</b>	Wood, stumps, saw dust
<b>Actions</b>	Stabilising, calming, clarifying, warming, comforting, grounding
<b>May Help</b>	Nervous tension, aggression, conflict, dandruff, excessive oiliness
<b>Fragrance Note</b>	Base
<b>Blends with</b>	Bergamot, Clary Sage, Cypress, Jasmine, Juniper, Neroli, Vetiver, Rosemary, and Ylang Ylang.

### Suggestions for use:

BREATHE BLEND	
Cedarwood	4
Clary Sage	4
Lavender	5
Frankincense	3
In oil vaporiser	

RELAXING WOODSY BLEND	
Cedarwood	4
Lavender	4
Orange	3
Ylang Ylang	1
In oil vaporiser or in 20ml Carrier Oil	

\*Quantity shown refers to number of drops of essential oils

### Cautions

Avoid using this oil during pregnancy.

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.