



Cedarwood Essential Oil (Himalayan)



Botanical Name: *Cedrus deodora*

Main Constituents:

Himachalene: 50.04%

Plant Part: Wood

Origin: India

Processing Method: Steam Distilled

Child Safe: Yes

Description / Color / Consistency: A yellowish to brownish yellow thin liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note of woody, slightly sweet/smoky aroma.

Product Abstract: Also called Tibetan Cedarwood, the Himalayan Cedar is a tall, evergreen tree that grows up to 50 meters or more in height. It grows extensively on the slopes of the Himalayas in northern India, Pakistan and Afghanistan. Aromatic cedar chests have always been used to store woolen articles.

About Cedarwood Himalayan Essential Oil

Himalayan Cedarwood has a rich earthy aroma with slightly sweeter notes than Atlas Cedarwood. It 'empowers the lungs' according to various aromatherapy experts. When life's challenges surface unexpectedly, diffusing Himalayan Cedarwood can help support your emotions. It is harmonizing and subtly relaxing.

In India, Cedarwood Himalayan has frequent uses as an insecticide and for its antifungal properties. Aromatherapists refer to Cedarwood Himalayan as being calming and helpful to breathing, much like Cedarwood Atlas. It is also helpful as an anti-inflammatory agent and for its anti-infectious properties, making it a good choice to diffuse during cold season and also for natural cleaning products.

Cedarwood Himalayan's aroma is woody with an overriding sweet, almost floral or fruit-like note. Its aroma is rounded and cool and blends well with Buddha Wood, Muhuhu, Patchouli, Sandalwood and other woods. It can also be added as a woody base note to sweet, floral blends.

Cedarwood Himalayan has excellent properties in supporting and maintaining a healthy respiratory system, especially during those (seemingly) never-ending winter months! Added to skin care products, it can help balance oily skin, and it is a wonderful oil to diffuse for emotional support.



With distinctive aromas and an excess of therapeutic uses, Cedarwood Atlas and Himalayan are both incredible essential oils. If you're still indecisive of which to try, we recommend trying both as they are each unique, wonderful oils.

General Safety Information

Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.

Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).