



SANDALWOOD Essential Oil, East India

Botanical Name: *Santalum Album*

Plant Part: Wood

Origin: India

Processing Method: Steam Distilled

Child Safe:

ABOUT THE PLANT

Santalum album is a short, tropical tree native to the Indian subcontinent. Wildly cultivated and long lived, Sandalwood's harvest is viable after 40 years. Sandalwood is harvested by pulling out whole trees and their roots and only trunks and branches above 2.5 cm in diameter are used.

ABOUT THE OIL

This sandalwood has been tested for its high santalol level. Much of the research surrounding the sandalwood's therapeutic properties examine the effects specifically of this molecular group. At the same time, there are a host of other 'sesquiterpine alcohols' which are certain to have therapeutic benefits, but have not been studied individually.

NOTE: It is common to find oils distilled from the wood of *Santalum lanceolatum* and *Eremophila mitchelli* fraudulently sold in the marketplace as "Sandalwood" essential oil. However, neither the aromatic compounds nor the therapeutic attributes are similar enough to true Sandalwood to act as a substitute.

Emotional/Energetic Qualities

Supports meditation and inner unity
Quiets mental activity
Reduces irritation and aggressive behavior
Provides protection energetically
Encourages acceptance

Therapeutic Properties

Analgesic: Sandalwood can provide pain relief because of its anti-inflammatory actions.

Anti-inflammatory: Baylac and Racine (2003) identified that Sandalwood is an inhibitor of 5-LOX, and Mitoshi *et al.* (2014) demonstrated that Sandalwood essential oil had antiallergic and anti-inflammatory potential.

Antifungal: Sandalwood is considered especially helpful for candida.

Antispasmodic: Due to its calming actions, Sandalwood is considered helpful in reducing muscle spasms.



Antitussive: In traditional medicine, Sandalwood is used to alleviate dry, irritating coughs (Erligmann 2001).

Antiviral: Studies cited by Adorjan and Buchbauer (2010) have identified several essential oils with activity against HSVII, including Sandalwood (*Santalum album*).

Astringent: See **skin healing** and **decongestant**.

Bronchodilatory: Price and Price (2007) suggest that Sandalwood can be used in Aromatherapy for its bronchodilatory actions.

CNS sedative: In traditional medicine, Sandalwood is regarded as a calming remedy.

Cooling: In traditional medicine, Sandalwood is considered a cooling remedy. It has anti-inflammatory and calming actions, which would support this use.

Decongestant: Price and Price (2007) suggest that Sandalwood oil is a diuretic and a lymphatic and venous decongestant. They also highlight its bronchodilatory actions.

Skin healing: Price and Price (2007) note that Sandalwood is used in skincare for maintaining skin health and alleviating acne, dermatitis, and eczema. Its anti-inflammatory and antiallergic actions would support this.

Wound healing (burns): See **skin healing**.

Applications

Anxiety and depression: Sandalwood has been used for centuries as incense. Its aroma can quiet the mind and settle the breath. Try it in foot massage creams, as it is so soothing, grounding, and strengthening. See **Blending Ideas**.

Cold sores: Many Aromatherapists have found it to be effective in preventing cold sores around the mouth.

Musculoskeletal: Sandalwood is a perfect base note in blends for inflammation and stress-related aches, pains, and tension.

Skin: Sandalwood is moisturizing. Sandalwood can be added to protect the skin from other strong oils in antifungal blends, while also increasing the antifungal effects.

Sore throat: Sandalwood has an affinity for the throat. If you feel a sore throat coming on, put a drop on your throat and it often clears up within the day. I have gargled with it for a scratchy throat, but I prefer the taste of Tea Tree. Try them both and see what you like.



Safety

Generally non-toxic, non-irritant and non-sensitizing. Always test a small amount first for sensitivity or allergic reaction.

****These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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