



CEDARWOOD, ATLAS

Cedrus atlantica

An important respiratory oil, Cedarwood, atlas is highly valued for its decongestant action and is supportive in cases of bronchitis, cough, congestion, and inflammation the mucus membranes.

Its anti-infectious properties make it quite useful as well with skin infections, skin ulcers and irritations such as dry eczema, psoriasis, dermatitis, itching, and similar conditions. Cedarwood, atlas is phenomenal for hair and scalp. When added to shampoo, its tonifying ability is supportive with relief from dandruff, hair loss, and fungal scalp infections.

When diffused, Cedarwood, atlas has a number of additional benefits beyond its respiratory abilities. It is a wonderful insect repellent and air purifier. It also has powerful benefits to the emotional system. It can provide strength in times of stress, extreme fatigue, and nervous exhaustion or breakdown.

daily uses

BATH

- Add 8-10 drops to ½ cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water.

DIFFUSION

- Diffuse 15 drops in 15 minute intervals throughout the day.

INHALATION

- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply as needed.

MASSAGE/TOPICAL

- Topical dilution for healthy individuals ages 10 and up is 10%. A 1%-1.5% dilution is recommended for pregnancy, children, and the elderly.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

- Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

RESPONSIBLE CAUTIONS

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.
- Not for internal use.
- Not for use during pregnancy.

attributes

Wildcrafted

Producing Organ

Wood sawdust

Extraction

Steam distillation

Country of Origin

Morocco

Therapeutic Properties

Antiseptic, antiputrescent, antiseborrheic, aphrodisiac, astringent, circulatory stimulant, diuretic, expectorant, fungicide, nerve sedative, tonifier

availability

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only. © 2013 goDésana • www.godesana.com

