

# Cedarwood, atlas

## *Cedrus atlantica*

Alexandria Brighton Collection  
ESSENTIAL OILS

**Therapeutic Properties:** *Antidepressant, antiseptic, antispasmodic, carminative, cephalic, digestive, emmenagogue, expectorant, febrifuge, galactagogue, nervine, prophylactic, restorative, stimulant of adrenal cortex, stomachic, tonic.*

Atlas Cedarwood appears repeatedly in the Bible, and according to the Song of Solomon was used to build Solomon's temple. It came to symbolize abundance, fertility, and spiritual strength; the name cedrus originating from the Arabic word kedron, meaning "power".

Atlas Cedarwood can help to give us immovable strength in times of crisis. Steadying the conscious mind, it helps us to resist the sudden events and powerful emotions that threaten to undermine our confidence and morale. It can "buck-up" the ego when we feel alienated or destabilized – when we find ourselves, for example, suffering from "culture shock" in a foreign country or in a strange situation. The oil's virile woody-balsamic aroma is one that helps us to take a negative or threatening situation, and transform it into an experience from which we can derive strength and wisdom.

Atlas Cedarwood Essential Oil is strengthening and a powerful tonic for both the kidneys and spleen-pancreas; it may assist the body with general lethargy, nervous debility, lower backache, and poor concentration.

Cedarwood, atlas is decongesting for the lymphatic system and encourages drainage and stimulates the breakdown of accumulated fats. Mildly diuretic in action, it may be used for excessive weight gain, cellulite, and edema. The decongestant nature of the oil combined with its anti-infectious properties make it helpful when assisting the body with genitor-urinary and respiratory concerns.

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Arthritis, rheumatism.

**Genito-Urinary System:** Cystitis, leucorrhea, pruritis.

**Nervous System:** Nervous tension and stress-related conditions.

**Respiratory System:** Bronchitis, catarrh, congestion, coughs.

**Skin Care:** Acne, dandruff, dermatitis, eczema, fungal infections, greasy skin, hair loss, skin eruptions, ulcers.

## suggested usage (10 years & up)

### BATH:

- Add 10-15 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

### COMPRESS

- Mix 2-4 drops of Pink Grapefruit Essential Oil in 1 pint of hot or cold water; soak towel in water and apply on the desired location. Cover the area with a dry towel and heating pad or ice pack.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

### TOPICAL

- Add 15 drops to 1 ounce of carrier oil to improve oily skin, acne, dandruff, and seborrhea of the scalp.
- Add to goDésana Organics' Age Delay Hydrating Hand & Body Lotion or the carrier oil of your choice, adhering to recommended dilution guidelines.

## responsible cautions

- Should under no circumstances be used by children, pregnant, or breastfeeding women except when used in a blend formulated by a qualified Aromatherapist.
- Should not be used as a single oil over a long period of time by anyone.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Producing Organ:** *Wood Sawdust*

**Extraction:** *Steam Distillation*

**Country of Origin:** *Morocco*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children



### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
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- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

## availability

### 10ml Bottle



### STANDARDS OF QUALITY

All ingredients in goDésana products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

### 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 healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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