

Sandalwood

santalum album 5ml

Sandalwood's use in the treatment of skin problems is legendary. It is an excellent moisturizer and nourishes all skin types. Its astringent, anti-inflammatory, antiseptic, and pain-relieving properties have been used in healing wounds, scars, and acne. Often used in cosmetics, it is well tolerated on dry/ chapped skin and is excellent for reducing wrinkles. It can also be used for oily skin.*

Sandalwood's antiseptic properties have been successfully employed for treating gonorrhea and leucorrhea. It has long been valued for treating these types of genitourinary infections. One of the most effective essential oils for cystitis, it can be used in a sitz bath. Possessing antispasmodic properties, it is used for treating bronchitis, catarrh, coughs, sore throat, and related diseases.*

Sandalwood is found in many perfumes and is used as a fixative. It is viscose and holds the lighter notes in a perfume. Sandalwood is a fragrance most men like, and it is known for its aphrodisiac effects.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser to reduce stress and tension.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale. For the mind, it creates a calming and harmonizing effect while reducing tension and confusion.*
- **Misting:** Mix 20 drops with 4 ounces of distilled water in an amber glass or PET plastic bottle, shake well and mist into the environment as desired.*

bath

- **Bath:** Add 12 drops to ½ cup of Pink Himalayan or Dead Sea bath salts and mix into warm bath water to assist the body with cystitis and prostatitis. Soak a minimum of 20 minutes.*

internal

- **Honey:** You can use 1 drop in a spoon of honey when first feeling a sore throat. It has a bitter taste but usually the sore throat will disappear after this one application.*

topical

- **Massage:** Add 10 drops to 1 ounce of carrier oil. Apply to the chest, back, and over the lungs as well as the throat to assist the body with a sore throat or cough.*
- **Perfume:** Add 1 to 2 drops on pulse points for a chemical-free personalized scent. The fragrance is legendary with warm, sweet, slightly spicy, precious wood-notes. It is a fragrance most men enjoy and is known for its aphrodisiac effects. Apply with floral scents to give them a more tenacious fragrance.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Internal • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

properties

Wildcrafted

Producing Organ: Heartwood and inner wood

Extraction: Steam Distillation

Country of Origin: Sri Lanka

Main Chemical Constituents: Santalols, sesquiterpene hydrocarbons, santene
Therapeutic Properties: Antidepressant, antiphlogistic, antiseptic (urinary and pulmonary), antispasmodic, aphrodisiac, astringent, bactericidal, carminative, cicatrizant, diuretic, expectorant, insecticidal, sedative, tonic

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Not recommended for epileptics.
- Contraindicated for those with severe depression due to the potency of its relaxation effect which may cause them to become completely introspective.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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