

Cedarwood Atlas

cedrus atlantica 10ml

Cedarwood Atlas 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 originated from the Arabic word kedron, meaning "power".*

Cedarwood Atlas 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.*

Cedarwood Atlas essential oil is strengthening and a powerful tonic for both the kidneys and spleenpancreas; 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 genito-urinary and respiratory concerns.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser for 10 minutes per hour for a grounding, calming environment.*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply to calm and ground in times of stress.*
- **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 for a cleansing, calming effect.*

bath

- **Bath:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm water for a soothing, relaxing bath.*

topical

- **Massage/Lotion:** Add to hand & body lotion or the carrier oil of your choice, adhering to recommended dilution guidelines. Use for a soothing massage.*
- **Shampoo/Skincare:** Add 15 drops to 1 ounce of carrier oil to improve oily skin, acne, dandruff, and seborrhea of the scalp.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 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.*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

properties

Wildcrafted

Producing Organ: Wood sawdust

Extraction: Steam Distillation

Country of Origin: Morocco

Main Chemical Constituents: Atlantone, caryophyllene, cedrol

Therapeutic Properties: Antiseptic, antiputrescent, antiseborrheic, aphrodisiac, astringent, diuretic, expectorant, fungicidal, mucolytic, sedative (nerous), stimulant (circulatory), tonic

responsible cautions

- Not recommended for use during pregnancy.
- 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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