

# CEDARWOOD

## ESSENTIAL OIL *Cheatsheet*

### WHAT IS IT?

Cedarwood is a type of tree that can live more than 300 years and grow up to 120 feet tall. The oil is extracted from the steam distillate by the wood pieces of the cedar wood tree. It is antifungal, antiseptic, diuretic, astringent and sedative.

### RELIEF

- TOOTHACHES
- SKIN IRRITATIONS
- SPASMS
- ASTHMA (INHALE)
- FUNGAL INFECTIONS
- COUGHS
- ACNE
- TENSION AND STRESS
- ECZEMA
- ARTHRITIS

### IMPROVES

- HAIR GROWTH
- HAIR LOSS
- DRY SCALP
- FULLER LASHES
- GUMS
- METABOLISM (STIMULATES)
- MENSTRUATION (REGULATES)
- MUSCLES (TIGHTENS)
- BODY (CLEANS OUT TOXINS)
- DIGESTIVE
- CIRCULATORY FUNCTIONS
- WOUNDS

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## ESSENTIAL OIL

### *Cheatsheet*

## REMEDIES

- ECZEMA - (ADD DROP TO LOTION OR FEW DROPS TO BATH)
- ARTHRITIS - (INHALE, USE OF SKIN OR USE 5-10 DROPS IN BATH)
- HAIR GROWTH - (COMBINE IT WITH THYME, ROSEMARY, AND LAVENDER TO THE SCALP)
- HAIR LOSS - (ADD TO SHAMPOO OR CONDITIONER, LET SIT FOR 30 MINS BEFORE RINSE)
- DRY SCALP - (ADD WITH COCONUT OIL, LET SIT IN HAIR FOR 30 BEFORE RINSE)
- ACNE - (ADD TO YOUR FACE SOAP OR FACE LOTION OR JUST MASSAGE TO FACIAL SKIN)
- MUSCLES - (MASSAGE 3-5 DROPS ONTO SORE OR TIGHT AREAS)
- ASTHMA - (INHALE OR ADD 5-10 DROPS TO BATH)
- COUGH - (RUB ON CHEST AND THROAT)
- WOUNDS - (ADD WITH COCONUT OIL THEN RUB ON AREA)
- DIURETIC - (MASSAGE 2 DROPS OVER BLADDER AND KIDNEY)
- MENSTRUATION - (INHALE FROM BOTTLE OR DIFFUSE)
- FUNGAL INFECTIONS - (ADD WITH COCONUT OIL TO AREA)
- BUG REPELLANT - (APPLY TO SKIN OR DIFFUSE)
- FULLER EYE LASHES - (ADD 2 DROPS WITH JOJOBA OIL, 2 DROPS OF LAVENDER & 1 DROP OF ROSEMARY)
- SLEEP - (APPLY 4 DROPS ALONG WITH 3 DROPS OF LAVENDER)

BONUS: Rejuvenates: Focus, Wisdom, Self-Esteem, Personal Outlook, Sleep