

# Sandalwood (NHP)

*Santalum paniculatum* 5 mL

dōTERRA® | CANADA

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T N

**Plant Part:** Wood

**Extraction Method:** Steam distillation

**Aromatic Description:** Woody, dry, sweet

**Main Chemical Composition:**  $\alpha$ -santalol,  $\beta$ -santalol

**Sandalwood (NHP)** | *Santalum album* 5 mL

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## Description

The sweet, woody aroma of Sandalwood is a reflection of the soothing benefits of the essential oil—which can be used to help relieve headaches, colds, coughs, and digestive discomfort. NPN 80060977

## Uses

- + Used in aromatherapy to help relieve headaches.
- + Used in aromatherapy as a nervine and calmative.
- + Used in aromatherapy to help relieve colds and cough.
- + Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.

## Directions

**Diffusion:** Use three to four drops in the diffuser of choice.

**Topical use:** When used topically, dilute 1 drop with 5-10 drops of carrier oil as needed for skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

N Neat D Dilute S Sensitive Skin