

# SANDALWOOD

*Santalum album 5 mL*

*Woody, dry, sweet*

*Aromatic description*

## PRIMARY BENEFITS

- Promotes healthy looking, smooth skin.
- Frequently used in meditation for its grounding and uplifting properties.

## PRODUCT DESCRIPTION

Sandalwood is a name given to a class of fragrant woods that, unlike other aromatic woods, can retain their fragrance for decades. Both the wood and oil have been highly valued for centuries and Sandalwood has a documented history of many applications. It was traditionally used as an incense in religious ceremonies and for enhancing meditation, and the Egyptians used sandalwood for embalming. Sandalwood is very beneficial to the skin. It promotes a healthy, smooth looking complexion. Sandalwood has a sweet, woody, uplifting aroma and is frequently used in meditation for its grounding effects.

## USES

- For an at-home spa experience, fill a large bowl with steaming water, then apply 1-2 drops of Sandalwood to your face and cover head with a towel. Place your face above the steaming water. Your skin will feel nourished and rejuvenated.

- Apply 1-2 drops to wet hair to help restore moisture and give hair a silky shine.
- Inhale Sandalwood directly from palms or diffuse to promote balance.

## DIRECTIONS FOR USE

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

**Food flavour use:** Add one or two drops to food.

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions to the right.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Wood

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
 $\alpha$ -santalol  $\beta$ -santalol



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