

# 'Iliahi (Hawaiian Sandalwood)

*Santalum paniculatum* 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Steam distillation

**Aromatic Description:** Rich, honey, sweet, woody

**Main Chemical Composition:**  $\alpha$ -Santalol,  $\beta$ -Santalol, cis-lanceol

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## Primary Benefits

- + Promotes healthy-looking, smooth skin
- + Creates a positive atmosphere
- + Provides a meditative, grounding aroma

## Description

'Iliahi has a rich, sweet, woody aroma, making it a perfect oil to incorporate into massage or aromatherapy. 'Iliahi essential oil is very soothing and beneficial to the skin, making it highly sought after in body and skin care products. Research also suggests 'Iliahi helps with the appearance of skin imperfections. In addition to being beneficial to the skin, 'Iliahi adds to the atmosphere of a room, creating a positive environment for meditation or personal interaction.

'Iliahi is sourced in the Kealakekua Mountain Reserve, a dōTERRA Cō-Impact Sourcing® partner and home to the largest reforestation effort in Hawaii's history.

## Uses

- + Dilute with a carrier oil or cream to enhance a deep-tissue massage.
- + Add to the diffuser of your choice when studying or intensely focusing.
- + Take with water before an important test or presentation.

## Directions

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

**Internal use:** Dilute one drop in four fluid ounces of liquid.

## 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.