**Sandalwood**
*Santalum album* 5 mL

### 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. Traditionally used as an incense in religious ceremonies, Sandalwood essential oil has a sweet, woody, grounding aroma. Sandalwood is very beneficial to the skin; reducing the appearance of skin imperfections and promoting a healthy, smooth complexion.

### Uses
- Add one to two drops to face, cover with a towel, and hover over a large bowl of steaming water for an at-home steam facial.
- Apply one to two drops to wet hair as part of your haircare routine.
- Inhale directly from palms or diffuse for a calming aroma.

### Directions
**Aromatic use:** Add three to four drops to diffuser of choice.

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

**Internal use:** Dilute one drop in four fluid ounces of liquid. See additional precautions below.

### Primary Benefits
- Provides a grounding, meditative aroma
- Creates a positive atmosphere
- Promotes healthy-looking, smooth skin
- Reduces the appearance of skin imperfections

### 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.