



Sandalwood Essential Oil

by
The Reformed Bohemian



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Find out more at www.reformedbohemian.com



Sandalwood Essential Oil

Sandalwood has a warm woody scent. It can be used to treat skin problems such as acne, eczema and urinary tract infections.

About Sandalwood

Sandalwood with its gentle warming woody scent has many uses, from easing urinary tract infections to being an aphrodisiac! It can be used as an antiseptic, antispasmodic, expectorant, sedative, aphrodisiac and diuretic.

It has beneficial effects for relieving symptoms of urinary tract infections such as cystitis and for soothing skin issues such as acne, eczema and psoriasis.

With its pleasant woody scent it is also good for using in men's skincare products



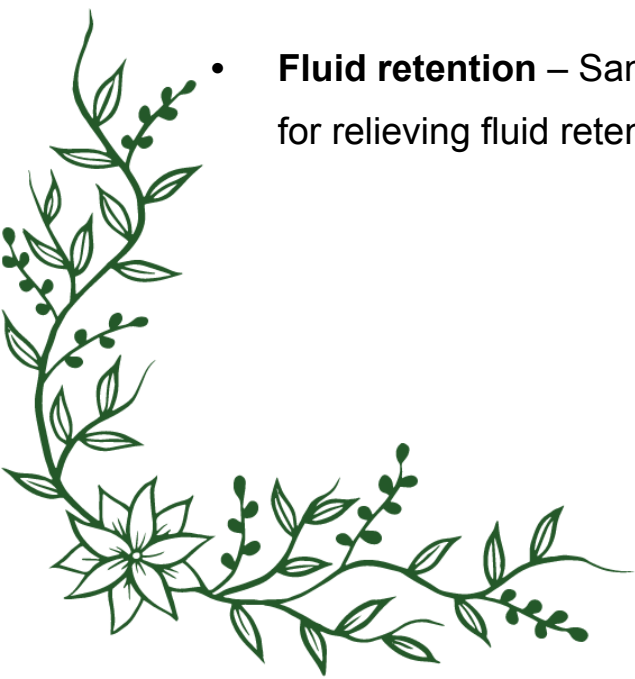
Healing Properties Of Sandalwood Essential Oil

Sandalwood essential oil has the following healing properties:

Properties

Powerful Antiseptic, Anti-fungal, Anti-viral, Expectorant, Sedative, Diuretic, Aphrodisiac and Insecticide.

- **Skin conditions**– due to its antiseptic properties it is effective in relieving skin complaints such as chapped skin, psoriasis, eczema, acne and sores.
- **Urinary tract infections** – can soothe and relieve symptoms of cystitis thanks to its diuretic and anti-spasmodic properties.
- **Sunstroke** – Sandalwood can be used to ease symptoms associated with sunstroke.
- **Bronchitis, laryngitis, sore throats** – gargling with Sandalwood can help ease sore throats and using steam inhalation can help to harness its antiseptic and expectorant properties to ease symptoms of respiratory tract infections such as bronchitis and laryngitis.
- **Fluid retention** – Sandalwoods diuretic properties make it excellent for relieving fluid retention.



- **Stress, tension and anxiety** – Sandalwood has sedative properties which can make it particularly good for people who are tense and stressed or suffering with anxiety.
- **Impotence** – As an aphrodisiac sandalwood can be used by people suffering with impotence.



Ways to use Sandalwood Essential Oil

Diffuse

- Sandalwood essential oil can be used in diffusers or oil burners. Using Sandalwood essential oil in this way is particularly beneficial in relieving stress and tension, it can also help to relieve urinary tract infections and sunstroke.

Diffuse 1 - 3 drops of Sandalwood essential oil in an oil burner or diffuser.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles. Sandalwood makes an excellent oil to use in a massage due to its sedative properties, it can help relax the mind and help relieve tense, tight muscles

Adults - up to 7 drops of Sandalwood essential oil in 1 tbsp of carrier oil.

Children over 2 years old - up to 3 drops Sandalwood essential oil in 1 tbsp of carrier oil.



Cream

- Adding a few drops of Sandalwood to a base cream is a great way of harnessing Sandalwood's antiseptic and properties to treat minor cuts and scrapes and to soothe skin conditions such as psoriasis, eczema, sores and acne.

Add up to 12 drops of Rosemary essential oil to 30 ml of base cream.

Gargle

- When very diluted Sandalwood essential oil can be used help with bad breath and mouth infections.

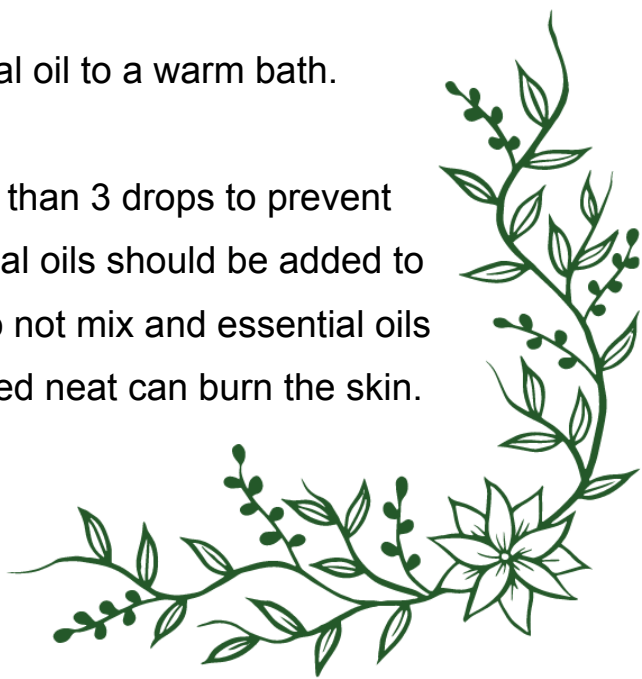
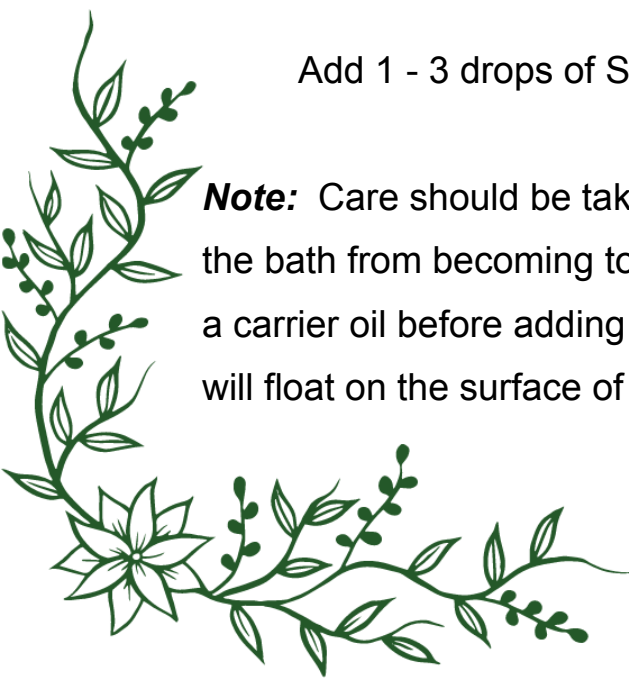
Add 1 – 3 drops of Sandalwood essential oil to a glass of water and gargle, ensuring not to swallow.

Bath

- Sandalwood essential oil can be added to a warm bath to relieve stress and tension, it can help to ease skin conditions such as eczema and psoriasis. It can also relieve urinary tract infections such as cystitis.

Add 1 - 3 drops of Sandalwood essential oil to a warm bath.

Note: Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.



Inhalation

- Inhaling Sandalwood essential oil is effective in helping to relieve symptoms associated with respiratory tract infections such as colds, bronchitis and coughs. Steam inhalation helps to clear congestion in your head, nose and chest.

Simply add 1 -3 drops of Sandalwood essential oil to a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.

Deodorant

- Sandalwood can be added to coconut oil and baking soda to make a fresh smelling effective natural deodorant to combat excessive perspiration.

Add 3 drops of Sandalwood essential oil to 6 tablespoons of solid coconut oil, 4 tablespoons of baking soda and 4 tablespoons of either arrowroot or corn-starch and mix well.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Sandalwood goes particularly well with oils such as:

- Bergamot
- Black pepper
- Geranium
- Lavender
- Myrrh
- Rose
- Vetivert
- Ylang-Ylang



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

There are no other specific cautions for Sandalwood essential oil.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About *The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

www.reformedbohemian.com

email: hello@reformedbohemian.com

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