



Santalum album

SANDALWOOD

Mentioned in the Nirkuta, the oldest of the Hindu Vedas (written from the 5th century BC), sandalwood was used in religious ceremonies and plays a key role in Indian Ayurvedic medicine. It is widely used in perfumery for its base note and classic, oriental scent. It is one of my favourite oils; nearly everyone loves its warm, exotic perfume and I use it to calm and pamper my clients.

SCENT
Sweet, woody, balsamic

NOTE
BASE MIDDLE TOP

EXPENSE RATING

CAUTIONS
See page 16.



Main constituent: santalol

THERAPEUTIC PROPERTIES

Sandalwood is used to calm and cool the body, reduce inflammation, infection and fever, and to ease sunstroke. I was introduced to it when travelling in India, where 70% of the world's supply is grown (the best oil comes from the Mysore district in south India). An Indian doctor recommended it as the perfect oil for balancing the skin — he used it to soothe inflammation and to calm sensitive, dry, dehydrated skin.

On the last day of the year, it was customary for Burmese women to sprinkle a mixture of sandalwood oil and rose water on those nearby, to wash away the year's sins and purify the body and spirit.

EMOTIONS & MIND

Calming to the mind and emotions; sedative. It enhances the sense of peace that occurs during meditation. Use in massage blends or burn the oil in a vaporizer (see page 97) to treat anxiety and depression.

RESPIRATORY PROBLEMS

Sandalwood oil is used to treat laryngitis, sore throats, bronchitis and chest tightness. Put a couple of drops of oil on a handkerchief and inhale, or massage the area with diluted oil.



URINARY PROBLEMS

Gently antiseptic and diuretic. Useful to treat cystitis. Use sandalwood oil in a warm compress or diluted in a bath or massage blend for the lower back.

ALLERGIES & INFECTIONS

In a French study carried out in 1993, santalol, sandalwood oil's main constituent, was found to be effective in helping to treat gonorrhoea.

SKIN & BEAUTY

Soothing, anti-inflammatory. The oil is beneficial to acne, eczema and chapped, dry skin (see pages 108–9) and is popular in beauty products for its sweet, long-lasting fragrance.

THE HEART WOOD of the tree trunk is used and the oil is extracted from it by steam distillation.

FACIAL MASSAGE



Add sandalwood oil to a pampering massage blend (see pages 80–83).

OIL COMBINATIONS



IN INDIA, SANDALWOOD is blended with jasmine and frankincense to increase its exotic aroma, and with rose to help create a harmonious scent.