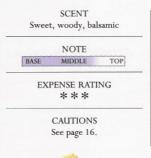
## A CATALOGUE OF OILS

## 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.





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.

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.

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).



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