



## Cedarwood

(*Cedrus atlantica*) Botanical Family: *Pinaceae*

Tall evergreen tree.

**Plant Part used:** wood chips and sawdust

**Method of Extraction:** steam distillation

**Countries of Production:** Morocco, Algeria

**Fragrance:** sweet, balsamic, woody

**Note:** middle to base

**Main Chemical Components:**

cedrol, cadinene, caryophyllene, atlantone,  $\beta$ -cedrene

**General Effect:** strengthening, relaxing

### Indicated for:

#### *The Face*

acne  
broken capillaries  
combination skin  
eczema  
itching  
normal skin  
oily skin  
open pores  
rashes  
seborrhoea  
sluggishness

#### *The Body*

anxiety  
circulation stimulating  
congestion  
eczema  
exhaustion  
fatigue  
itching  
psoriasis  
rashes  
stressed conditions  
tension

### Body Blending Guide:

Bergamot, camomile german, camomile roman, clary sage, cypress, eucalyptus, frankincense, geranium, juniper, lavender, marjoram, orange, patchouli, petitgrain, rosemary, sandalwood, vetiver, ylang-ylang

### Contra-indications:

To be avoided during pregnancy and lactation

### Purchasing Guide:

*There are several different types of cedarwood, but the indications above apply only to Cedrus atlantica*

**Price Range:** low