



# Cedarwood Essential Oil

by  
*The Reformed Bohemian*



# Table of Contents

1. About Cedarwood Essential Oil .....	3
2. Healing properties .....	4
3. Ways to use .....	6
4. Blends .....	9
5. Side effects .....	10
6.. About the Reformed Bohemian .....	11

Find out more at [www.reformedbohemian.com](http://www.reformedbohemian.com)



# Cedarwood Essential Oil

Cedarwood has a woody, earthy scent and is good for skin and hair problems and for easing rheumatism and arthritis.

## ***About Cedarwood***

Cedarwood oil has a woody earthy scent that can be great for using in skin care products particularly men's skin care products as it has some amazing properties such as being an anti-fungal and an astringent, it is also an anti-Seborrheic which makes it great from treating skin problems. It also has firming and tightening properties so it can make an effective anti-aging product.

But Cedarwood's great benefit lies in its ability to calm and soothe nerves due to its sedative properties. It is also good for easing respiratory nature and urinary infections with so many uses it's easy to see why Cedarwood is a popular if not essential oil to have on hand.



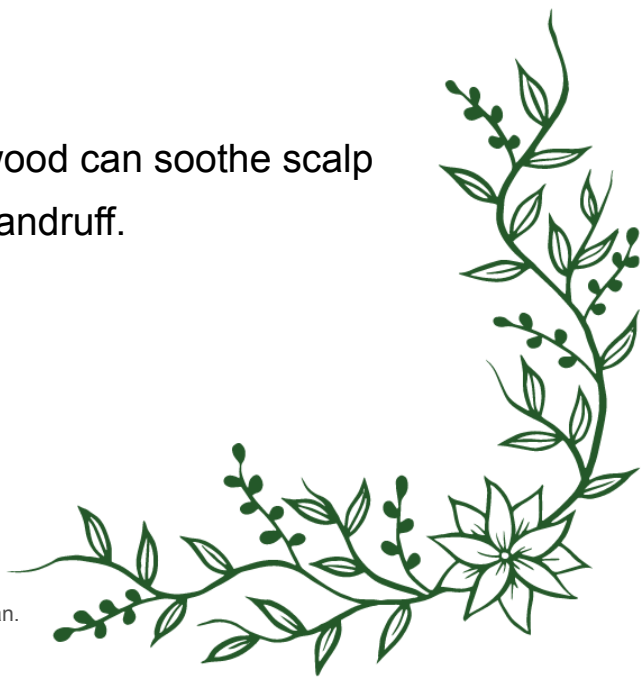
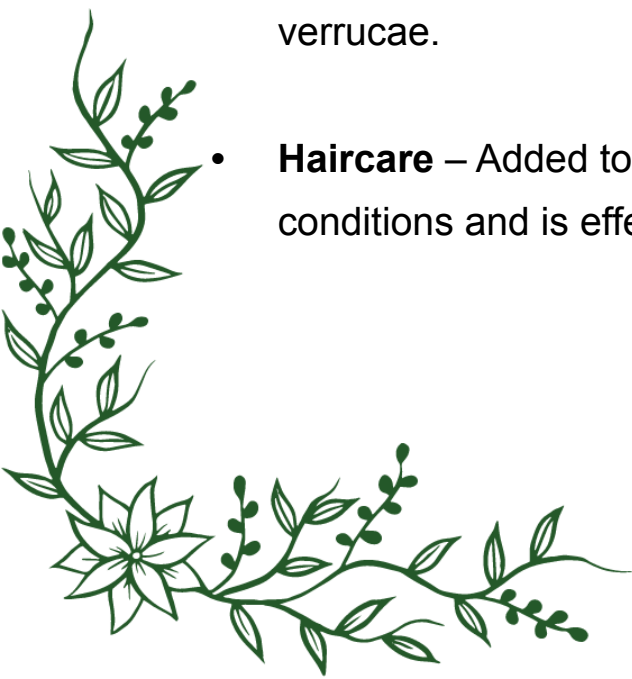
# Healing Properties Of Cedarwood Essential Oil

Cedarwood is one of the most versatile oils and has the following healing properties:

## Properties

*Anti-Inflammatory, Antispasmodic, Antifungal, Antiseptic, Astringent, Emmenagogue, Expectorant, Tonic, Firming/Tightening, Detoxifying, Stimulating, Soothing, Calming, Antioxidant and Restorative.*

- **Calm and soothe nerves** – Cedarwood is particularly beneficial to relax, calm and soothe nerves and anxiety, with its sedative properties it is effective and safe to use.
- **Skincare** – Cedarwood has so many properties that make it perfect for adding to skincare products from creams and lotions to shampoo. It can soothe and ease skin and scalp infections, it's astringent properties can help to dry, firm and tone the skin as well as soothing conditions such as eczema and psoriasis.
- **Fungal infections** – As an anti-fungal Cedarwood is effective in treating fungal infections such as athletes' foot, candida, warts and verrucae.
- **Haircare** – Added to shampoo Cedarwood can soothe scalp conditions and is effective in treating dandruff.



- **Respiratory infections** – such as asthma, bronchitis and catarrh can be soothed and relieved using Cedarwood due to its detoxifying, stimulating and antispasmodic properties.
- **Urinary infections** – As with respiratory tract infections Cedarwood is effecting in easing the symptoms associated with urinary tract infections such as cystitis due to its detoxifying, stimulating and antispasmodic properties.
- **Muscle and joint issues** – such as rheumatism and arthritis can be soothed with the use of Cedarwood due to its anti-Inflammatory and antispasmodic properties.
- **Insect repellent** – Cedarwood is a natural insecticide so it is effective to add to creams, lotions or sprays to ward off bugs.



# ***Ways to use Cedarwood Essential Oil***

## **Diffuse**

- Cedarwood essential oil can be used in diffusers or oil burners. Using Cedarwood essential oil in this way is particularly beneficial in relieving respiratory tract infections such as asthma, bronchitis and catarrh. Cedarwood also makes a good natural air insect repellent.

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

## **Massage**

- Massage is a great way of relaxing the body and mind and easing aching muscles, due to its anti-inflammatory properties it is especially effective in relieving pain associated with rheumatism and arthritis. It is also effective for toning and firming the skin and soothing skin conditions.

Adults - up to 7 drops of Cedarwood essential oil in 1 tbsp of carrier oil  
Children over 2 years old - up to 3 drops of Cedarwood essential oil in 1 tbsp of carrier oil.





## Cream

- Adding a few drops of Cedarwood to a base cream is a great way of harnessing its anti-fungal, astringent, anti-Seborrheic properties which makes it great from soothing skin conditions such as psoriasis, eczema, cold sores, acne scabies and chickenpox. It can also help to dry out oily skin. It also has firming and tightening properties so it can be an effective anti-aging product.

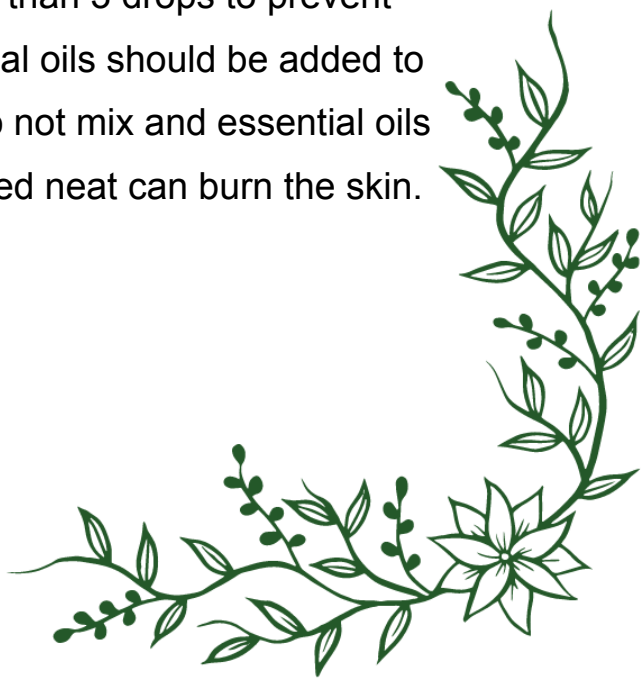
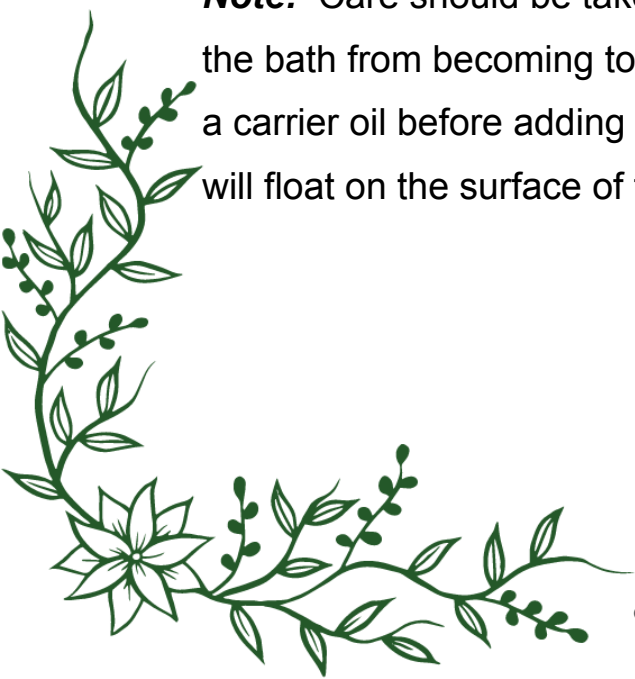
Add up to 12 drops of Cedarwood essential oil to 30 ml of b base cream.

## Bath

- Cedarwood essential oil can be added to a warm bath to relieve muscle and joint pain such as arthritis and rheumatism. It can also soothe urinary tract infections such as cystitis. It is also effective in treating oily skin and fungal conditions such as athletes' foot, warts and verrucas

Add 1 - 3 drops of Cedarwood 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.



## Shampoo

- Add a few drops of Cedarwood essential oil to your normal shampoo to increase the circulation to the scalp which can improve scalp conditions such as dandruff and improve the overall health of the scalp promoting healthy hair.

Add 10 – 12 drops of Cedarwood essential oil to your normal shampoo.

## Inhalation

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

Simply add 1 -3 drops of Cedarwood 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.





## Blends

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

- Benzoin
- Bergamot
- Cinnamon
- Cypress
- Frankincense
- Jasmine
- Juniper
- Lavender
- Lemon
- Neroli
- Rose
- Rosemary



## 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 apparent warnings associated with Cedarwood.

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 for example Peppermint is one such oil.



# *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](http://www.reformedbohemian.com)





# *The Reformed Bohemian*

*Health & Well-Being Powered By Nature*



Find out more at

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