

Sandalwood

(Santalum Album)

Sandalwood is a parasitic (first seven years roots send out suckers that tap into roots of other near by trees for the nourishment it needs to thrive) evergreen tree, growing to a height of 24 to 30 feet over the course of 30 to 64 years, with leathery leaves and small purple flowers. The oil is not distilled from the heartwood until the tree is at least 30 years old. The essential oil is extracted from the heartwood. The aroma is woody, balsamic, sweet and slightly musky.

The long history of Sandalwood in the cultural and spiritual life of Asia cannot be overstated. The wood was carved into furniture, temples, and religious icons, is burned as an incense in Buddhist and Hindu temples, and retains an important place in Ayurvedic, Tibetan, and traditional Chinese medicines. As a Funeral Herb, it is used to anoint and embalm the dead, and to carry the soul into the next life.

Properties: Anti-depressive, antibacterial, antifungal, anti-inflammatory, anti-infectious, astringent, anti-tumor, expectorant, haemostatic (arrests bleeding), calmative, cardiotoxic (strengthens the heart), carminative (relieves flatulence), lymphatic decongestant, sexual tonic and general tonic.

Sandalwood is very similar to Frankincense in action. It is very high in Sesquiterpenes so it promotes oxygen to cross the BBB. The Pineal and Pituitary Glands love Sandalwood. It may also be beneficial for acne, bronchitis, cholera, regenerating bone cartilage, gonorrhoea, hiccoughs, insomnia, laryngitis, skin infection and regeneration, sinusitis, stimulating the immune system, tuberculosis, UTIs and yoga.

Sandalwood is a very effective deodorant.

Emotional Properties:

Sandalwood's subtle properties are equally reflected in its traditional use as an aid to meditation, prayer, and spiritual practice generally. Sandalwood Oil promotes compassion, openness and understanding. Clarifying and stilling the mind—and refreshing an over-heated body – Sandalwood Oil reconnects us to our primordial sense of being. Diminishing the tyranny of the intellect, of the incessant need to overthink, it instills in its' place an experience of inner unity – a state where body, mind and Spirit can re-align as one. Sandalwood Oil subdues aggression and irritability. It helps relieve confusion, fear and nervousness. Whenever we over-invest in seeing specific outcomes to our efforts – especially out of a neurotic need for security – sandalwood oil helps to re-establish an acceptance of reality as it is. By quelling the mind as an incessant tool of analysis and expectation, sandalwood actually frees it as a creative source, always present in the here and now.

Relieve Obsessive Overthinking: Sandalwood 4, Vetiver 2

Relieve Over-analytical Thinking & Detached Feelings: Geranium 3, Sandalwood 2, Patchouli 1

Relief of Exhaustion Due to Nervous Tension: Geranium 2, Sandalwood 2, Wild Orange 2, Clary Sage 1

Cystitis: Sandalwood's mildly anti-infectious components may be combined with Lavender, Melaluca and Geranium as an ointment.

Cystitis: 1 ounce coconut oil, Sandalwood 3 drops, Patchouli 2, Wild Orange 2, Roman Chamomile 1, Frankincense 1. Add all ingredients to a clean container And blend. Massage the mixture over your abdomen, lower back and pelvis area. Repeat several times daily until symptoms cease.

Bronchitis: Sandalwood combined with Eucalyptus and Geranium will relieve the harsh and painful cough. If the throat is sore from coughing can use the same combination – diluted – for a gargle to relieve pain.

Nail Care Oil Mixture: 1 oz. doTerra fractunated coconut oil, Lavender 2, Sandalwood 2, Cypress 2. Warm coconut oil in a small bowl; add other oils to warmed oil and submerge fingertips for at least 10 minutes. The warm solution can be applied to the toe nails.

Dry Skin, Eczema, Psoriasis: Sandalwood applied directly on the area or mixed with Melaluca will have an amazing effect. Key is consistant application daily and often.

Blemish-Banishing Aftershave: 8 ounces of distilled water, Sandalwood 2, Patchouli 1, Vetiver oil 1. Add the water to a clean bottle, drop in the essential Oils, and turn upside down several times to combine. Splash the mixture on your skin after shaving. Blend well before each use.

NOTE: The advice shared in this document has not been evaluated by the FDA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help. Kindly understand that essential oils work to help to bring the body into balance - thus helping the body's natural defenses to restore homeostasis. Essential oils are not used to "treat" medical problems. Thank you for your sharing with others.

Rob and Wendy James (www.zdoterra.com) John and Dr. Susan Lawton

(www.learningdoterra.com) for additional information. Playback Phone # (323) 927-0075

