

Atlas Cedar

Common Name: Atlas Cedar

Botanical Name: cedrus atlantica

Origin: Algeria, China, East Africa, Himalayas, Lebanon, Morocco, North America

Parts Used: wood



Fragrance: camphorous, dry, sweet, woody

Blends well with: anise, bergamot, cardamom, citronella, clary sage, cypress, eucalyptus, frankincense, ginger, juniper, lavender, marjoram, palmarosa, patchouli, rosemary, ylang ylang

Aromatic Benefits: aggression, anxiety, balancing, fear, focusing, grounding, harmonizing, nervous tension, regenerative, relaxing, strengthening, stress

Physical Uses: acne, aggression, agitation, air purifier, anger, anxiety, arthritis, asthma, bladder disorders, blemishes, bronchitis, cellulite, colds, cough, dandruff, eczema, fluid retention, hair loss, immune system, insect repellent, kidney disorders, meditation, nervous tension, oily hair, oily skin, rheumatism, stress

Safety Data: Avoid if pregnant. Do not use if diagnosed with high blood pressure or heart problems. Possible skin irritant; Do a patch test first. Because scent is stimulating, it may counteract the sedative effect of drugs like pentobarbital. Do not use consecutively for more than a few days at a time.

Fun Fact: The fragrance of cedar was believed to lead worshippers closer to God. Consequently many temples were made from it.

Recipe:

Quiet Room Spray

2 drops Cedar
2 drops Lemon
2 drops Lavender
2 drops Orange

Mix all oils together in a spray bottle with water.
Pounce spray bottle up and down on the palm of your hand 100 times.

Makes a great room spray; especially for children's rooms. The calming & balancing effect of these oils helps slow down the overactive child.