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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sandalwood Oil – Aromatherapy For The Mind, Body, And Spirit

By "Misty Rae Cech, ND"

Sandalwood is one of the world's most widely used essential oils, prized for its scent in perfumery, for its therapeutic effects in Chinese, Ayurvedic and Tibetan medicine systems, and for its ability to center the mind in meditative yogic traditions.

Sandalwood essential oil is most often extracted via steam distillation from the wood of the Sandalwood tree, with the heartwood of the roots producing the highest quality oil. Sandalwood is an evergreen, growing to a height of 9 meters, with leathery leaves and small purple flowers. Native to southern tropical Asia, the tree is parasitic, gaining its nutrients from one of several other tree species. Because it can only be grown this way, and due to its seemingly strict set of environmental conditions, Sandalwood is difficult to propagate. To add to the challenge of successful cultivation, Sandalwood takes nearly 30 years to mature before yielding oil of any worth.

Sandalwood essential oil has a woody, balsamic, sweet and slightly musky aroma; it is a pale yellow, greenish or brownish liquid with excellent tenacity (the aroma tends to last a long time) and superior fixative properties. There are several varieties available, with Santalum album is considered the most important therapeutically. The Mysore region of eastern India is thought to produce the highest quality of this oil type, though its harvesting is creating a strain on the area's natural environment. Recently, an oil of the austrocaledonia species has been produced on the South Pacific island of Vanuatu from successfully cultivated Sandalwood trees. This oil has a fantastic aroma, with a woody, smoky scent that can remind one of being at the beach – an excellent base note in perfume and cosmetic blends.

In the West, Sandalwood oil is perhaps best known in the west as a natural, woody, sweet body perfume used 'as is', or as a familiar aroma in many cosmetics, aftershaves and the like. In the east, however, Sandalwood's importance in cultural and spiritual traditions cannot be overstated. The wood is carved into furniture, religious icons, used to build temples and burned as incense in a great variety of ceremonies. The oil is used to anoint the dead, helping their transition to the next life. In Burma, women sprinkle it on passersby on the last day of the year for the release of sins. In Hindu marriages, Sandalwood is burned in a tent such that the smoke surrounds the bridal couple. For the meditative yogi, the oil and incense encourage a serene state of mind, supporting alignment of the individual with the universal Self.

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In the traditional Indian medicine system of Ayurveda, Sandalwood is valued for its ability to cool the fire of pitta. It is indicated for inflammatory conditions, such as inflamed skin, or intestinal and genitor–urinary conditions that require cooling. Modern aromatherapy considers the oil an effective skin care agent for dry skin, general irritation and acne; it can help in cases of bronchitis, catarrh, dry persistent coughs, laryngitis and sore throat; it may relieve diarrhea and nausea, and can be supportive in cases of cystitis.

Beyond the physical body, Sandalwood essential oil is a great tonic for the hyper–active mind. In practical terms, the oil is considered an anti–depressant through its ability to relieve hot, agitated emotional states, and to assist in release from over–thinking and worry. More esoterically, the aroma is considered 'divinely sweet' and softly balsamic, characteristics which evoke the grounding of the Earth element. It is said to release one from the 'tyranny of the intellect' which can cloud one's true nature, bringing about a more serene state unifying body, mind and spirit. From this quiet, unified state comes

forth the true creative mind, finding infinite possibility in the here and now. It is in this peaceful, unified state where meditation can affect profound transformation.

Recommended essential oil blends for calming the mind are as follows – these can be used for general massage, reflexology, or applied to pulse points and temples: For 'obsessive' thinking, try four (4) drops of Sandalwood and two (2) drops of Vetiver in one tablespoon of carrier; for a detached analytical state try three (3) drops Geranium, two (2) drops Sandalwood and one (1) drop Patchouli in one tablespoon of carrier. These blends can also be created for use in a diffuser by omitting the carrier oil. For a great perfume also with soothing qualities, combine three parts Sandalwood and two parts Vanilla oil – the blend produces a wonderful tropical island aroma.

Finally, Sandalwood is one of the few essential oils which improves with age. Due to increasing demand, the oil's price is climbing significantly every year – it can be worthwhile to purchase a little more than you think you'll need immediately, as storing it for some time will only result in a richer oil in the future. Of course, samples are also a great place to start, as you can first find a Sandalwood that truly suits you.

Misty Rae Cech ND, is a naturopath and yoga teacher practicing in Boulder, Colorado, and owner of

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. She regularly employs essential oils and flower essences in her practice.

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Relax With Aromatherapy Massage Oils

By Bryan Josling

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After a hectic day at work, your husband complains of every part of his body aching with pain. Will a good night's sleep refresh him for the next hectic day? Not necessarily. With a similar schedule each day, he is adding to his pain, which within time will transform into a fatal disease. You being a caring wife, will you want this chain of events to continue? If no, then aromatherapy massage oils are for you.

Aromatherapy massage oils will go a long way in giving the much-needed relief to a person after a long day at work. Massage is both physically and emotionally stimulating for the body. When the massage is supplemented with essential oils, the person gains from the synergistic influences of a calm mind and a radiant skin.

Aromatherapy massage oils may be used in two ways. Inhale the massage oil vapours, which refresh your mind too. Alternatively, apply it to the skin. This method ensures that the massage oils are directly absorbed by the body from where they reach the blood stream. This has impact on one's health and skin.

After a massage with aromatherapy massage oils, one actually feels splendid. These oils have been known to have special therapeutic qualities. This finds them large-scale use in healing common diseases like cold, flu, pain in the muscles, headache etc.

For the purpose of massage, people often mix more than one essential oil to give the desired effect. The most common of these is the lavender, clary sage and lemon blend. It is known as the stress blend. The essential oils in concentrated form can be dangerous for use. Therefore, aromatherapy massage oils are mixed with carrier oils before applying it on the body. Similarly, one can prepare an aphrodisiac blend with essential oils of sandalwood and jasmine. Just have an idea of what purpose the aromatherapy massage oils will be used for and go on with the blending.

Aromatherapy massage oils are used largely in spas and physical and mental healing centres. Trained masseurs will help you in relieving stress and give you an ecstatic feeling.

If you want, you can also get massaged in your home. Massaging your loved one with fragrant aromatherapy massage oils is the best way to convey the concern for him or her. Aromatherapy massage is also recommended for the infants to give them a glossy skin and strong bones.

Aromatherapy massage oils work wonders with your skin and provide mental calmness. It is also used as a cure from several diseases.

Bryan Josling is working with the Horticultural Research Station in Adelaide. He has also been involved with research on Plants. To find Aromatherapy essential oils, Aromatherapy Massage Oils, essential oils wholesale visit

<http://www.ndaroma.com>



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