

CEDARWOOD

CEDRUS ATLANTICA

Country of Origin: Morocco

Steam Distilled from wood sawdust

Cedarwood brings a steady, grounding presence - dry, woody, and quietly stabilizing. Distilled from the wood of *Cedrus atlantica*, it carries a warm, balsamic depth that feels both anchoring and clarifying. Unlike sharper or more stimulating oils, cedarwood works by settling the system - helping the body and mind return to a more composed, regulated state.

Traditionally used for its strengthening and decongesting properties, cedarwood is often reached for when there is stagnation, buildup, or lack of focus. It supports the movement of fluids, encourages lymphatic flow, and helps clear what feels heavy or congested. At the same time, it offers a steady influence on the nervous system - promoting calm, focus, and a sense of internal stability without dulling awareness.

FUNCTIONAL CONSTITUENTS

Cedrol	A sesquiterpene alcohol that contributes to cedarwood's grounding, calming effect; supports nervous system regulation and a more settled, steady state.
α-Cedrene & β-Cedrene	Key sesquiterpenes that give cedarwood its dry, woody character; associated with circulatory support and overall system activation.
Atlantones	Unique ketone compounds found in Atlas cedarwood; contribute to its decongesting properties and support lymphatic movement and drainage.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC9094448/ https://pmc.ncbi.nlm.nih.gov/articles/PMC9094448/ https://pubmed.ncbi.nlm.nih.gov/33150524/



HOW WE SOURCE

Cedarwood is steam distilled from wood, requiring careful selection of source material to ensure a clean, dry, true-to-plant profile. We prioritize cedarwood harvested from mature trees in their native environment, where climate and soil support the development of its characteristic sesquiterpene-rich composition.

Distillation is performed in controlled batches to preserve the oil's natural balance without introducing burnt or smoky notes. Because cedarwood is derived from the wood itself, proper handling and timing are essential to maintain clarity and depth. We look for oil that carries a dry, steady wood aroma - never sharp, acrid, or overly heavy.

OUR CASSIA IS:

- ✓ Steam distilled from wood
- ✓ Sourced from Atlas cedar regions
- ✓ Unrefined and unstandardized
- ✓ Batch distilled for consistency
- ✓ Handled for profile clarity

We look for oil that carries a dry, clean wood aroma - an immediate sign of proper distillation and material selection. Harsh, smoky, or overly heavy oils are avoided.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Dry, woody aroma*
- Light amber color*
- Smooth, free-flowing oil*
- Clean distillation profile*
- Stored in dark glass*

Avoid:

- Smoky or burnt odor*
- Dark, overly thick oil*
- Sticky or heavy residue*
- Harsh or acrid notes*
- Clear or plastic packaging*

HOW TO USE CEDARWOOD

Cedarwood is used when the goal is grounding, drainage, and steady support for systems that feel congested or unfocused. It integrates easily into daily routines through aromatic and topical use.

Aromatic

Diffuse 5–10 drops to create a calm, centered environment. Often used to support focus and reduce mental noise.*

Topical

Dilute with a carrier oil and apply to chest, back of neck, or areas of concern. Commonly used in routines focused on lymphatic movement and skin balance.*

Bath

Add 5–8 drops to bath salts before dispersing in warm water. Used to promote relaxation and support fluid movement.

Massage

Blend into carrier oil for full-body or targeted massage. Often used to encourage circulation and reduce feelings of heaviness.*

WHAT IT SUPPORTS

Cedarwood is traditionally used when the goal is drainage, stability, and clearing of excess buildup within the body. It support:

- Lymphatic movement and fluid balance*
- Skin clarity and oil regulation*
- Respiratory comfort and congestion*
- Mental focus and steady attention*
- Nervous system grounding*

Used consistently, it helps the body feel more organized, clear, and supported - encouraging flow where there has been stagnation.

CEDARWOOD IN THE STILLROOM

Cedarwood has long been kept in the stillroom as a stabilizing, structural oil - brought in when the system feels scattered, burdened, or weighed down. Distilled from the wood of *Cedrus atlantica*, it carries a dry, resinous profile that supports order and direction rather than stimulation or lift.

It is often used when there is buildup - whether in the lymphatic system, the skin, or the general sense of heaviness in the body. Cedarwood works by encouraging flow and clearance, helping the system move what it has been holding onto. At the same time, it offers a quiet steadiness to the mind, supporting focus and composure without dulling awareness.

MORE WAYS TO USE CEDARWOOD

Scalp Reset

Add to shampoo or a carrier oil and massage into the scalp. Commonly used to support oil balance and a healthy-looking scalp.*

Closet & Drawer Freshener

Place a few drops on wood blocks or cotton rounds. Helps maintain a clean, woody scent while naturally deterring pests.*

Evening Wind-Down

Diffuse in the evening to quiet mental chatter. Often used to support a more settled, restful state.*

Post-Shower Application

Apply diluted oil to damp skin after showering. Helps support skin balance and lock in moisture.*

Workspace Focus Aid

Diffuse or inhale during work sessions. Commonly used to support concentration and steady attention.*

CAUTIONS

- Safety Group 3: Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

