

SANDALWOOD

SANTALUM ALBUM

Country of Origin: Sri Lanka

Steam Distilled from wood

Sandalwood (*Santalum album*) is a steam-distilled oil drawn from the heartwood, valued for its dense, velvety aroma and its unique ability to slow, anchor, and deepen the body's internal rhythm. Rich in santalols, it carries a heavy, settling character that doesn't just calm the system, it draws it inward, helping reduce overstimulation while reinforcing structure at both the skin and nervous system level.

Its aroma is warm, creamy, and softly woody with a smooth, almost tactile depth that lingers. Unlike sharper or more volatile oils, sandalwood doesn't move quickly. It holds. It grounds. It is often used when the system feels scattered, depleted, or overstimulated, or when the skin requires sustained nourishment rather than quick intervention.

In both aromatic and traditional use, sandalwood has been regarded as a consolidating and deeply restorative oil supporting skin integrity, respiratory comfort, and a more stable, centered internal state. It works by slowing excess activity, reinforcing cohesion, and allowing the system to settle into a more sustained, supported balance.

FUNCTIONAL CONSTITUENTS

Alpha-Santalol	The primary constituent in sandalwood, alpha-santalol is responsible for its smooth, creamy wood aroma. It is strongly associated with calming the nervous system, supporting skin repair, and promoting a deep, steady sense of relaxation.
Beta-Santalol	A closely related sesquiterpene alcohol that reinforces the oil's soft, grounding character. It is known for supporting anti-inflammatory activity and contributing to the oil's long-lasting, stabilizing effects.
Santene	A sesquiterpene hydrocarbon that adds subtle structure to the aroma. It is associated with supporting respiratory function and enhancing the oil's overall depth and persistence.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC5749697/ https://pmc.ncbi.nlm.nih.gov/articles/PMC11352278/ https://pmc.ncbi.nlm.nih.gov/articles/PMC9927848/



HOW WE SOURCE

Sandalwood oil is defined by the maturity of the tree and the quality of the heartwood. We look for *Santalum album* sourced from regions such as Sri Lanka, where controlled cultivation and proper aging allow the inner wood to develop a high santalol content and a rich, stable aromatic profile.

The heartwood is harvested only after the tree has reached sufficient maturity, then steam distilled to extract its dense, resinous compounds. Because sandalwood develops over time, both growth conditions and aging are critical to its quality. We look for oil that is smooth, creamy, and deeply woody with a soft, lingering depth, never sharp, thin, or lacking body.

OUR SANDALWOOD IS:

- ✓ Steam distilled from mature heartwood
- ✓ Unrefined and not standardized
- ✓ Sourced from Sri Lanka for superior quality
- ✓ Naturally high in santalols
- ✓ Creamy, woody, and deeply persistent

We look for oil that carries a smooth, full-bodied wood profile with a soft, lingering depth, an indicator of proper tree maturity and careful distillation. Thin, sharp, or short-lived aroma signals immature material or poor processing, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Creamy, smooth wood aroma*
- Rich, full-bodied profile*
- Soft, long-lasting depth*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Thin or weak scent*
- Sharp or dry wood notes*
- Adulterated/extended oil*
- Clear or plastic packaging*

HOW TO USE SANDALWOOD

Sandalwood is commonly used when the goal is calming the nervous system, supporting skin integrity, and encouraging a slower, more stable internal state. It fits into aromatic, topical, and occasional internal use.

Aromatic

Diffuse 2–4 drops or inhale directly. Often used to reduce mental overload and promote a calm, centered environment.*

Topical

Dilute with a carrier oil and apply to face, chest, or areas of concern. Commonly used to support skin hydration, reduce irritation, and promote overall skin health.*

Internal

Use sparingly in a capsule or warm liquid (1 drop). Commonly used to support respiratory comfort and overall system balance.*

WHAT IT SUPPORTS

Sandalwood is traditionally used when the goal is calming the system, supporting skin health, and restoring a more stable internal rhythm. It supports:

- Nervous system calm and reduced overstimulation*
- Skin hydration, repair, and overall integrity*
- Respiratory comfort and ease*
- Emotional grounding and mental clarity*
- A steady, balanced, and sustained state*

Used consistently, it helps the system slow down and stabilize, supporting calm, resilience, and a more grounded overall condition.

SANDALWOOD IN THE STILLROOM

Sandalwood has long been kept in the stillroom as a centering, deep-support oil to be used when the system is overstimulated, depleted, or unable to settle. Distilled from the heartwood of Santalum album, it is closely associated with grounding the nervous system, supporting skin integrity, and bringing the body into a slower, more sustainable rhythm.

It is often reached for during periods of mental overload, emotional fatigue, or when the skin requires steady, ongoing support rather than quick intervention. This is not a fast-acting oil. It works gradually, helping reduce excess activity, anchor the system, and reinforce internal stability. Used in small amounts, it supports a calm, sustained state without heaviness or dullness.

MORE WAYS TO USE SANDALWOOD

Meditation Anchor

Apply diluted to chest or inhale before stillness practices. Commonly used to deepen focus and quiet mental noise.*

Facial Oil Booster

Add 1 drop to facial oils or serums. Often used to support hydration and improve skin texture over time.*

After-Shave or Skin Soothe

Dilute and apply to freshly shaved or irritated skin. Commonly used to calm and protect sensitive areas.*

Evening Wind-Down Diffusion

Diffuse in short intervals at the end of the day. Often used to slow the system and prepare for rest.*

Natural Fragrance Base

Apply diluted to pulse points. Commonly used as a grounding base note to anchor lighter scents.*

CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- 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.

ZILARA

SANDALWOOD

santalum album

STEAM DISTILLED • SRI LANKA

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, add 1–10 minutes per hour.

Supplement Facts

Serving Size: 1 drop	% Daily Value*
Santalum album	100%
Amount Per Serving	% Daily Value*
Sandalwood 60mg**	60%
Santalum album	100%
Santalum album steam distilled from wood	100%

Caution: Keep out of reach of children. Avoid contact with eyes. If irritation occurs, stop use. Store in a cool, dark place. The product is not intended to diagnose, treat, or prevent any disease.



5 mL / 0.17 fl oz