

## Sandalwood (East India)

Emotions	uplifting, relaxing, calming, harmonizing
Uses	abscess-external/dry, <b>acne</b> , <b>anorgasmia (hormonal)</b> , <b>anxiety</b> , <b>aphrodisiac</b> , arthritis-osteoarthritis, asthma, <b>bladder infection</b> , <b>bladder-inflammation of the mucous membrane</b> , <b>bronchitis</b> , bronchitis-w/cough, calming, catarrh, chapped lips, chilblains-soothing, cold sores, <b>coughs</b> , <b>cough-dry</b> , cough-voice loss, <b>cystitis</b> , <b>cystitis-pain w/urination</b> , <b>cystitis-w/temperature</b> , <b>depression</b> , <b>dermatitis</b> , <b>diarrhea</b> , <b>eczema</b> , <b>eczema-itching</b> , fear, <b>flatulence</b> , fluid retention, frigidity, <b>genitals-male-mucus discharge</b> , <b>gonorrhea effects</b> , hair-dry, <b>impotence-male</b> , <b>inflammation</b> , insect repellent, <b>insomnia</b> , insomnia-depression, irritability, <b>kidney inflammation</b> , <b>laryngitis</b> , meditation aid, menopause, mental confusion, <b>muscle-cramps</b> , <b>nail-care</b> , nausea, <b>nausea-vomiting</b> , nervous exhaustion/fatigue, <b>nervous tension</b> , PMS, <b>pregnancy-prenatal</b> , relaxing, respiratory problems, scarring, skin care, <b>skin-aging</b> , <b>skin-broken veins</b> , <b>skin-chapped</b> , <b>skin-dry</b> , skin-hands (dry), <b>skin-inflamed</b> , skin-irritated, skin-itching, skin-normal, <b>skin-oily</b> , skin-puffiness, <b>skin-rejuvenating</b> , <b>strep and staph infections</b> , stress-emotional/mental, <b>throat-dry</b> , throat-infections, <b>throat-sore</b> , <b>tonic</b> , <b>tonic-kidney</b> , <b>urinary tract infection</b> , <b>vaginal discharge</b>
Properties	antibacterial, <b>antidepressant</b> , anti-inflammatory, antiphlogistic, <b>antiseptic</b> , antispasmodic, <b>aphrodisiac</b> , <b>astrigent</b> , calmative, carminative, cicatrizant, decongestant, <b>diuretic</b> , emollient, <b>expectorant</b> , insecticide, rubefacient, <b>sedative</b> , tonic
Constituents	cis-alpha-Santalol, cis-beta-Santalol, epi-beta-Santalol, alpha-Santalal, (Z)-trans-alpha-Bergamotol, others
Scent/Note/Viscosity	warm, deep, soft, balsamic, sweet, buttery, rich, woody; base note; pale yellow to pale gold; medium to thick viscosity.
Best Mixed With	Bergamot, Black Pepper, Chamomile R, Clary Sage, Clove, Fennel, Frankincense, Geranium, Grapefruit, Jasmine, Lavender, Lemon, Mandarin, Orange, Palmarosa, Patchouli, Petitgrain, Rosewood, Ylang Ylang (Benzoin, Labdanum, Mimosa, Myrrh, Neroki, Rose Maroc, Rose Otto, Vetiver, Violet)
Warning	Deeply relaxing, do not use if driving.

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It is not recommended that you take essential oils internally unless under the supervision of a Medical Doctor.