



## Benefits and Uses of Cedarwood Essential Oil (*Cedrus atlantica*)

**Overview** Cedarwood Atlas essential oil is steam-distilled from the wood of the Atlas cedar tree, native to the Atlas Mountains of Morocco and Algeria. It has a warm, woody, balsamic, earthy aroma and is valued in aromatherapy for its grounding, calming, and strengthening properties. It is one of the oldest essential oils used by humans, historically employed by ancient Egyptians for mummification, skincare, and incense.

### Key Chemical Components

- Cedrol, cedrene, thujopsene, and other sesquiterpenes These compounds give the oil its **anti-inflammatory, antimicrobial, antiseptic, astringent, and sedative** properties.

### Main Benefits & Uses

#### 1. Skin Care

- Balances sebum production (excellent for oily and acne-prone skin)
- Helps with acne, eczema, psoriasis, dermatitis, and irritated skin
- Tightens pores, reduces imperfections, and moisturizes dry skin
- Supports healing of scars, stretch marks, wounds, and burns

#### 2. Hair & Scalp Health

- Promotes hair growth and helps with hair loss (including alopecia areata when blended with lavender, rosemary, etc.)
- Reduces dandruff and soothes flaky or oily scalp
- Strengthens hair, acts as a natural conditioner, and improves beard health

#### 3. Mental & Emotional Wellness

- Deeply grounding and calming
- Reduces stress, anxiety, and nervous tension
- Promotes relaxation, emotional balance, and better sleep (sedative effect from cedrol)

#### 4. Respiratory Support

- Acts as a decongestant and expectorant
- Helps with coughs, colds, bronchitis, and chest congestion

#### 5. Muscular & Joint Relief

- Eases muscle aches, joint pain, arthritis, and rheumatism
- Improves circulation and may help reduce fluid retention and cellulite

#### 6. Natural Insect Repellent

- Effectively repels mosquitoes, moths, ants, and other insects





## Other Uses

- Natural deodorant and masculine cologne base
- Antibacterial addition to cleaning sprays
- Supports focus and memory (some studies on ADHD symptoms)

## How to Use

- **Diffusion:** 3–5 drops in a diffuser for relaxation, sleep, or air purification.
- **Topical:** Dilute 1–2% (face) or up to 5% (body) in a carrier oil (jojoba, argan, coconut).
- **Hair/Scalp:** Add a few drops to shampoo, conditioner, or scalp massage oil.
- **Bath:** 3–5 drops mixed with bath salts or carrier oil.
- **Insect Repellent:** Add to sprays for room, clothing, or skin (diluted).
- **Massage:** Blend with lavender, rosemary, or frankincense for muscle relief.

**Blends Well With** Lavender, Rosemary, Bergamot, Frankincense, Sandalwood, Patchouli, Cypress, Clary Sage, Juniper Berry, and most citrus oils.

## Safety & Precautions

- Always dilute before skin application.
- Perform a patch test.
- Do **not** ingest.
- Avoid contact with eyes and mucous membranes.
- Use with caution during pregnancy, breastfeeding, or with children — consult a doctor.
- Essential oils can be toxic to pets; consult a vet before use around animals.
- Store in a cool, dark place to prevent oxidation.

**Sustainability Note** *Cedrus atlantica* is listed as **endangered** by the IUCN. Always choose ethically sourced, sustainably harvested oil from reputable suppliers (mainly Morocco). Support brands that contribute to reforestation.

**Evidence Level** Many benefits are supported by traditional use and preliminary studies (anti-inflammatory, antimicrobial, hair growth). More robust clinical research is still needed for stronger therapeutic claims.

