

# **Cedarwood oil: Unlocking its proven skin and hair benefits**

Cedarwood oil is a **vital oil** obtained from the timber of different cedar tree species, mainly those classified under the Cedrus genus. Various types of cedarwood are utilized for the extraction of oil, such as Atlas cedarwood (*Cedrus atlantica*), Himalayan cedarwood (*Cedrus deodara*), and Texas cedarwood (*Juniperus ashei* or *Juniperus mexicana*).



**Image 1: The Images of Cedarwood oil**

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## Top 3 Cedarwood oils available at Amazon.in.

(Hit the links to see the complete details).

Brand with Amazon link	Scent	Special Features	Package Quantity
<u>Exotic Aromas</u>		Cedarwood Aromatherapy	100.0 mL
<u>Naturalis</u>		Cedarwood Aromatherapy	120.0 mL
<u>Elemensis naturals</u>		Cedarwood Aromatherapy, Pure	15.0 mL

## Introduction

The oil is acquired via steam distillation, a method in which steam is used to extract the aromatic compounds from the wood chips or shavings. **Cedarwood oil** possesses a pleasant, woody fragrance with subtle earthy notes and is frequently employed in the fields of aromatherapy, perfumery, and as a constituent in several cosmetic and personal care formulations.

Cedarwood oil is reputed to **possess multiple therapeutic benefits**, such as its antibacterial, anti-inflammatory, and insect repellent qualities. It is frequently included in skincare products due to its astringent characteristics, which aid in the reduction of oiliness and acne. Furthermore, it is employed in natural insect repellents and serves as a fragrant constituent in candles, soaps, and other domestic goods.

## Skin benefits of cedarwood oil

**Acne fighter:** Cedarwood oil possesses inherent **antibacterial and anti-inflammatory** qualities, rendering it efficacious in combating acne. It aids in purifying the skin, eliminating blockages in pores, and diminishing irritation, resulting in a more clarified complexion.

**Soothing Eczema and Psoriasis:** Cedarwood oil may provide comfort for individuals from eczema or psoriasis, known for their soothing properties. The **soothing qualities** of this substance can **alleviate itchiness and inflammation** linked to various ailments, offering relief to sensitive skin.

**Natural astringent:** Cedarwood oil functions as a **gentle astringent**, effectively tightening and toning the skin. This can diminish the visibility of enlarged pores and enhance the skin's texture, resulting in a more polished and young appearance.

**Relief from dry skin:** Cedarwood oil can provide relief from dry skin due to its hydrating characteristics. Through the process of **moisturizing the skin** and inhibiting the evaporation of moisture, it results in the skin feeling smooth and flexible.

## **Hair benefits of cedarwood oil**

**Enhances hair development:** Cedarwood oil possesses the capacity to invigorate the scalp and enhance blood circulation, hence facilitating hair development. Consistent application of cedarwood oil in hair care products or scalp massages can potentially alleviate hair loss and promote the growth of thicker, more robust hair.

**Addresses dandruff:** Dandruff commonly arises from a parched, scaly scalp or an excessive proliferation of yeast-like fungi. The antifungal qualities of cedarwood oil make it a potent natural treatment for dandruff. It aids in regulating the scalp's sebum production and diminishing flakiness, resulting in hair that is free of dandruff and easy to manage.

**Enhances luster and texture of hairs:** Cedarwood oil has the ability to enhance the natural shine and softness of your hair, making it more manageable and easier to style. The moisturizing components of this product aid in nourishing and conditioning the hair, resulting in a healthy and vibrant appearance.

## **How to use cedarwood oil**

**Dilution:** It is crucial to dilute cedarwood oil before applying it to the skin or scalp due to its strong potency. Prior to usage, combine a little amount of cedarwood oil with a carrier oil such as coconut or jojoba oil.

**Skin application:** Gently apply the diluted cedarwood oil to the skin using circular motions. Ensure complete absorption before using any additional items.

**Hair application:** Incorporate a small amount of diluted cedarwood oil into your shampoo or conditioner, or concoct a scalp massage oil by blending it with a carrier oil. Apply the product onto the scalp and allow it to remain for a little period of time before washing it off.

## **Safety measures**

**Patch test:** Prior to using cedarwood oil to your skin or hair, it is advisable to conduct a patch test in order to detect any potential allergic responses.

**Eye contact precaution:** To avoid irritation, ensure that cedarwood oil does not come into contact with your eyes or mucous membranes.

**Seek expert advice:** If you have any preexisting skin or scalp concerns, or if you are currently pregnant or breastfeeding, it is advisable to visit a healthcare practitioner before using cedarwood oil.

## **Final summary**

To summarize, cedarwood oil provides numerous advantages for both skincare and haircare. Due to its inherent characteristics, this substance is highly adaptable and efficacious when incorporated into your beauty regimen, offering alleviation for a range of skin and scalp issues. Integrate cedarw