

Herb of the Month: Cedarwood

Cedrus Deodora is an earthy scent that is both soothing and grounding. It is a powerful antiseptic, used in urinary tract, respiratory, and bronchial infections. Also for releasing toxins and promoting circulation. Good on skin conditions such as acne because of its astringent action. It works both as a stimulant and tonic as well as reducing stress and tension.



Try this decoction for a Soothing **Cedarwood Balm**. This massage balm works well for anxiety, asthma, chest congestion, eczema, psoriasis, stress, tension and water retention.

To make this healing balm/salve, you will need a pan to melt the ingredients and a container to store the finished product in. This balm can be used as a soothing chest/cough/cold/meditation remedy.

It can also be used under the nose to open up sinus passages rubbed into painful muscles or aching joints. It is very effective for pain that is associated with dampness and cold. It makes a wonderful balm to use when meditating as it soothes tension and stress. Great to massage into the kidney and bladder areas for bladder infections and kidney and urinary tract issues.

Ingredients:
2 parts coconut oil
1 part beeswax
cedarwood essential oil (about 10 drops per ounce)

Simply melt the oil and beeswax in a pan and then add the essential oil.
Pour into your metal tin(s) or other container. And that's it! The salve will harden within 10-15 minutes. If you find it is too soft, like the consistency of an ointment, you can scoop it back into the pan, re-melt it and add more beeswax. If it is too hard, re-melt and add more oil. Essential oils of hyssop, rosemary, peppermint, thyme, white camphor are additional oils that help relieve infection and congestion. (This balm should be avoided during pregnancy.)



Here is a blended recipe for **Cedarwood Spray Mist**. Use as a body spray for clearing away negative energy. Spray over yourself to purify your aura. Use this spray as an insect repellant, as well.

Use a dark glass spray bottle. This ensures that the oil is protected from the light, which is detrimental to the longevity of the oil. Add spring water to the top of the bottle. Add 20 drops of Angel's Mist Essential Oil. You can add bergamot, citronella, chamomile, eucalyptus, ginger, juniper berry, lavender, lemon as an addition (if so, use 15 drops of one or two additional oils only). This spray has a multitude of uses. Spray over the body to cleanse the aura and remove negative energy. This works well against insects, as well. Spray on self or in an area where pesky insects (including rats or cockroaches) have infested. For treating moths, spray several cotton balls or fabric strips and place or hang in closets, storage boxes, or other problem areas. Replace as needed. For anxiety. Inhale as you spray this in the air around you. Let it diffuse through the room, or over the brow. For connecting (in relationships), use over the heart center or inhale as needed.



Native Indian Cedarwood Pulse Point Remedy, used in the Native American tradition to enhance spiritual communication. The Cherokee Indians believe that cedarwood holds powerful, protective spirits. A small piece of wood is used in a medicine bag or the oil is massaged into the neck, wrists, top of feet and Third Eye. This is one of my biggest sellers in the aromatherapy blends. I like to use pieces of cedar wood, cedar chips from cedar cones, pieces of leaves from the cedar wood tree and Angel's Mist Cedarwood Essential Oil.

Add these cedar pieces to a roll on bottle. Then fill it almost to the top with a carrier oil such as sunflower, safflower, jojoba or corn oil. Add 15 -20 drops of essential oil. Turn the bottle up and down several times to blend the oils. Do not shake the bottle. This has so many uses. It is wonderful for a spot treatment for acne. Just roll a dab on troubled spots.



Angel's Mist Cedarwood Essential Oil woodsy, grounding and aromatic oil created from the bark of the cedar tree. It was prized by Egyptian and Native American Indian cultures for its ability to calm and stabilize, honor the spirits and offer us an emotionally centered experience. Add one drop of cedarwood essential oil to your daily routine (consider using within a moisturizer, cleanser, or by itself as need). For treating asthma massage 5-10 drops into the chest and throat daily or as needed. When treating bladder infection, massage 5-10 drops over the kidneys and bladder 2-3 times a day. For creating calm, place 2 -4 drop in your hands, rub together, then cup over the nose and mouth and breathe naturally for several minutes. Great for congestion, cedarwood essential oil benefits our respiratory system. Apply 5-10 drops over the area of concern or massage into the reflex points of the feet. As a cough remedy, apply 5-10 drops over the throat and chest several times a day. Also consider lemon or oregano. As a dandruff tonic, massage 1-2 drops into scalp; consider using coconut oil as a carrier to maximize its antifungal and moisturizing benefits. For eczema, use 5-10 drops over the area of concern; consider using coconut oil to help moisturize and protect the area as well.

Cedarwood:

Botanical name: cedrus deodora
Use: It is a powerful antiseptic, used in urinary tract, respiratory, and bronchial infections. Good on skin conditions such as acne because of its astringent action. It works both as a stimulant and tonic as well as reducing stress and tension.
Perfume Note: Base
Blends well with: Geranium, Lavender, Vetiver, Elemi, Sandalwood, Rosewood
Source: heartwood and seed-bearing cones
Production method: distillation
Aromatherapy benefits: calming, stabilizing
Aroma type: sweet, balsamic
Warning: do not use during pregnancy
Safety Information: can stimulate menstrual flow.

The Psychological Aspects of Cedarwood Essential Oil

I have always found the psychological aspects of herbs and oils fascinating and Cedarwood is no exception. Cedar wood (Cedrus) or cedar, is a genus of coniferous trees in the plant family Pinaceae. Fully grown, cedar is a large coniferous evergreen tree. Prized by the Egyptians, The Celts and Native Americans, Cedarwood has a long history as an incense and perfume. The wood was burned by the Greeks and Romans to fragrant the air.

This steam distilled oil comes from the bark, and has a woody, balsamic scent with rich dry overtones. It has been used for stress reduction, anxiety and tension. Strengthening and comforting. When diffused into the air, this strengthening oil has a soothing quality that calms nervous tension and anxiety. It also helps alleviate upper respiratory and sinus problems.

Its fragrant base note blends well with bergamot, clary sage, eucalyptus, frankincense, ginger, juniper berry, lavender, neroli, palmarosa, patchouli, rose, rosemary and ylang ylang. It's warm, sweet camphor-like note has a deep woody undertone. It is said that it becomes richer and softer as it evaporates.

Found in France, at the end of the 19th century, The **Coligny-Calendar** is a compilation of pre-Christian Celtic systems of timekeeping, including the Gaulish Coligny calendar, used by Celtic countries to define the beginning and length of the day, the week, the month, the seasons, quarter days, and festivals. On the calendar is a series of lines of glyphs, called Oghams. The Ogham (commonly pronounced Oh-m) is an early Medieval alphabet used primarily to transcribe the early and late period, Irish language The glyphs are the only written form left by the Druids. The Ogham is sometimes called the Celtic Tree Alphabet, based on ancient medieval Br-atharogam tradition ascribing names of trees to the individual letters. Although, Cedarwood was not part of the first 13 trees, it was transcribed from later findings. These findings are the basis of Author, Robert Graves, who made reference to these trees in his book "The White Goddess" regarding the trees and their personas.

The Celts actually gave Cedar a persona and emotion, representing confidence. It is considered a rare beauty. Based on Celtic studies of the Ogham Tree Calendar, Robert Graves theorized that if the Oghams were associated with 13 sacred trees and that they followed the 13 moons of the calendar year then each moon, he thought, there must be an association with the tree of that month. Trees physically unite the heavens with the Earth, and this is probably why the Celts used so many of the trees' properties, like the bark, in herbal remedies and referred to others born during the days of the Cedar Tree (Aug 14 to Aug 23) as Cedar persons.

The "Cedar person" is known to like luxury, the tenants of good health, is not in the least shy, tends to look down on others, is self-confident, determined, impatient, likes to impress others, has many talents, industrious, has a healthy dose of optimism, is waiting for the one true love, and able to make quick decisions.

The Native Americans worshipped this tree of knowledge and used it for grounding and worship. Cedar knows how to adapt in nature, which gave the tree great reverence for American Indians. The Cherokee tribe would look upon the Cedar as their ancestor. It is traditionally believed that the wood of the cedar tree holds powerful protective spirits from the Cherokee's past. Ceremonial drums would be made from cedarwood. It is a common practice to carry a small piece of cedarwood in your medicine bag worn around the neck. It is also placed above the entrances to the home in order to protect against evil spirits. By rubbing the bark or breaking some of the bows in your hand, you release the essential oils. You would then rub your hands together, cup them over your nose and mouth and breathe naturally for several minutes. This is a remedy for stress relief, soothing tension and to help with loneliness. You can also massage into the feet. This emotional "heart tonic" could be applied over the heart center.