

EO Spotlight: Cedarwood

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by doTERRA

Known for its rich hue and warm, woody scent, Cedarwood provides numerous health benefits. Its use dates back to Biblical times. Cedarwood is native to cold climates, thriving in high altitudes and growing up to 100 feet. Cedarwood essential oil has a grounding aroma that evokes feelings of wellness and vitality.

Check out this research on Cedarwood essential oil:

Cedarwood oil may help increase the appearance of skin. [Click here to learn more.](#)

Cedarwood oil was shown to have a relaxing effect when diffused. [Read more about the study here.](#)

Cedarwood is known to be an effective bug repellent. [Click here to read more.](#)

Primary Benefits of Cedarwood:

Supports and maintains healthy respiratory function.

Expedites skin recovery.

Promotes clear, healthy skin.

Works great for massage therapy.

Eases nervous tension and anxiety.

Repels moths and other insects.

Tips from our Facebook Fans:

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"I add a couple drops to my mascara to keep my eyelashes strong & long!" -Lisa Diamond

"I love putting it in my beard with Cypress essential Oil cause it unleashes my "manly smell" and puts [other colognes] to shame." -Gurvinderpal Singh

"I have dogs that sleep in my bedroom and am terrified of insects. To be on the safe side and keep crawling critters away, I spray it on my mattress every time I change the sheets." -Erin Cochran-Reynolds

"I add a drop to a dollop of the rose lotion and smear it all over my face, neck, chest and hands. Cedarwood is my favorite dōTERRA oil! Smells like heaven on earth." -Sara Gulliford-Gosnell



"I use Cedarwood with some Fractionated Coconut Oil for a light back massage before going to bed. It relaxes me and I find I sleep more consistently through the night." -Leanne Nicole De Arango

"Blend Cedarwood and Vetiver for a clear calm mind." -Joyce Bristol

"I blend with Purify and water for a wonderful linen spray." -Lori Thome White

"I've been using it to support healthy scalp and hair, along with Rosemary. I try to do this at least a couple times per week and leave on overnight. My husband just likes to apply it because it smells so "manly", lol!!"
-Amanda Tobler Griffith

"It has helped clear up my skin and by sprinkling some on my pillow has helped me sleep!" -Noelle Voorhees-Sapp

"Cedarwood to the rescue for closets! Diffused to rid a pesky moth problem! Works like a charm!" -Mindy Hoggan

"Diffusing it for skin! On the base of the skull (behind ears) for anxiety!" -Lori Thomas

"I put it in my bath water either alone or with Frankincense. Smells amazing and benefits the skin too!" -Jill Merrill Greenwell

"I love to diffuse Cedarwood when I'm practicing yoga. It really helps me to relax and focus!" -Lindsay White Renegar

"This is my travel companion. I keep it in a spritzer and spray it into the sheets of strange beds...love the smell and I can be sure that no bugs will be traveling with me." -Lee Hindrichs

"I have it in the diffuser blended with Cinnamon Bark. The aroma in the house is WONDERFUL!" -Anita W. Franklin-Snyder

dōTERRA essential oils can be purchased [online](#), or from any of our Independent Product Consultants. If you would like to locate a Product Consultant in your area, [click here](#).

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