

# Atlas Cedarwood Essential Oil

## Botanical Name

Cedrus atlantica

## Strength of Initial Aroma

Mild

## Aromatic Description

Slightly camphoric with a sweet woody undertone

## Blends Well With

Labdanum and other woody-floral essential oils.

## Atlas Cedarwood Essential Oil Uses

- Perfumery/Fragrancing
- Acts as a Fixative
- Antibacterial
- Antiseptic
- Astringent
- Expectorant
- Stress
- Insecticide
- Calms the mind

Kid friendly

- Improves oily skin, acne and dandruff
- Strengthens hair growth

Sources: [www.perfectpotion.com.au](http://www.perfectpotion.com.au) Salvatore Battaglia 2019 Atlas Cedarwood EO Monograph.

## Atlas Cedarwood Essential Oil Safety Information

### *General safety*

*Atlas cedarwood is considered non-toxic, non-irritant and non-sensitising.*

### *Contraindications*

*Price & Price, Lawless and Fischer-Rizzi say that Cedrus atlantica should not be used during pregnancy.*

*C. atlantica oil is also said to have neurotoxic and abortive effects.*

*However, Tisserand & Balacs state that Atlas cedarwood is safe to use and it should not be contraindicated during pregnancy.*

As cited per [www.perfectpotion.com.au](http://www.perfectpotion.com.au) Salvatore Battaglia 2019 Atlas Cedarwood EO Monograph.

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.