

Nanmu (Chinese Cedarwood) Essential Oil

Botanical Name

Phoebe nanmu

Strength of Initial Aroma

Medium

Aromatic Description

Smoky Woody Pine Aroma

Blends Well With

Other Woodsy and Floral Oils

Nanmu Essential Oil Uses

- Perfumery/Fragrancing
- Antibacterial/Antifungal
- Antiseptic
- Astringent
- Expectorant
- Stress
- Insecticide

Kid friendly

- Calms the mind
- Improves oily skin, acne and dandruff
- Strengthens hair growth

Sources: www.healthline.com, www.alchemicabotanica.com

Nanmu Essential Oil Safety Information

Cedarwood oil is generally accepted as safe when used topically. Skin irritation is rare but possible. Always do a patch test to ensure no irritation will occur.

Do not use if allergic to cedar.

Sources: www.healthline.com

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.