



HEALING ESSENTIALS AROMATHERAPY NEWSLETTER SEPTEMBER 2013

Issue # 9 Featuring Sandalwood Essential Oil

Who doesn't love the exotic, mysterious fragrance of Sandalwood!! Beloved all over the world and used in perfumes, soaps, carved figures, and incense, the fragrance of Sandalwood is unique and precious. In the past newsletters, we have discussed the plant source of essential oils of Lavender and Basil: herb leaves, Rose: flower, and the evergreen trees Cedar, Fir, Pine and Cedar: twigs and leaves. Curiously the wonderful essential oil of Sandalwood comes from the roots of the *Santalum album* tree.

****Monthly Special Offered Below****

History: Sandalwood is one of the oldest known aromatic materials, and has at least 4,000 years of history of use. It is believed that the oil was known in Sri Lanka over 1,000 years ago, but it is only in the last 100 years that the oil has become an important aromatic oil. In India the use of sandalwood and its products such as incense, paste, oil, and wood carvings became an integral part of Brahmin, Buddhist, and other religious rituals. It was not until the 18th Century that Sandalwood became known and highly prized in Europe. Today the perfume industry uses Sandalwood oil extensively. Due to its tenacious base note, it acts as a fixative and also blends well with other fragrances.



The Sandalwood Tree: *Santalum album*

Botany: Native to the East Indies, the Sandalwood tree, *Santalum album*, can grow to be twenty to thirty feet tall with red, yellow, or violet/pink flowers. The tree is a root parasite; seedlings can only survive by becoming attached to the roots of other plants. Once the Sandalwood roots are well established to an adjoining plant, the tree is then able to gain nutrients directly from the soil. Trees that nourish Sandalwood seedlings include teak, clove and bamboo! Only the heartwood and larger roots are used in the extraction of essential oil. It takes 20 years for a Sandalwood tree to begin producing significant amounts of heartwood which is most abundant in 30-60 year old trees, making the oil indeed precious.

Availability of Sandalwood Essential Oil: Up until recently, 80% of the world's Sandalwood essential oil has been produced in India. Often, Sandalwood trees are felled without replanting, and are now listed as a protected species. The shortage leads to dilution and adulteration. Thus, all Sandalwood trees are the property of the Indian government specifying that the oil must contain a minimum of 90% *santalols*.

Different Types of Sandalwood Essential Oil:



• *Santalum album*

Indian Sandalwood *Santalum album*,

essential oil, is the world's favorite Sandalwood oil. *Santalum album* grows in China, though the oil is not commercially available. All *Santalum album* is very costly ranging from \$50.00 to \$150.00 for 1/3 ounce.

Extraction Method: Steam Distilled. **Plant Part:**

Powdered heartwood and roots. **Essential Oil**

Description: The divinely sweet aroma and soft balsamic base note evokes the earth at its most sensual and deeply tranquil. **Color:** pale yellow liquid. **Consistency:** Viscous. **Note:** Base.

Strength of Aroma: Medium. **Chemical**

Constituents: 75 % santalols. The oil is high in sesquiterpenes, a class of compounds which have been studied in Europe for stimulating the pineal gland and the limbic region of the brain - the center of emotions.



Santalum spicatum

Australian Sandalwood: *Santalum spicatum*: For many years Australia has produced Australian Sandalwood essential oil. In its distilled form, *Santalum spicatum* is botanically, aromatically, and therapeutically close to the *Santalum album* and can be used where a lower santalol chemotype and richer, spicier Sandalwood aroma is desired.

Extraction Method: Steam Distilled. **Plant Part:**

wood. **Essential Oil Description:** Soft, woody, tenacious differing from *Santalum album* with a dry top note. **Color:** pale yellow liquid. **Consistency:** Viscous. **Note:** Top. **Strength of Aroma:** Medium.

Chemical Constituents: Very similar to *Santalum album*: 50-60 % santalols.

Hopeful Note: Recently, plantations are springing up in Australia producing some of the finest *Santalum album* / Indian Sandalwood essential oil. TFS Corporation in Australia is now the largest Sandalwood plantation in the world.

Therapeutic Properties of both Indian and Australian Sandalwoods are the same: Anti-inflammatory, Antiseptic, Antispasmodic, Carminative, Demulcent, Diuretic, Emollient, Expectorant, Sedative, and Tonic.

Uses of Sandalwood Essential Oil:

- ❖ **Dermatological:** Hydrating, soothing and cooling to skin. Reduces dry skin inflammation. Research from Pub Med shows several papers have been published demonstrating Sandalwood's ability to prevent skin cancers in mice caused by both UV radiation and toxic chemical exposure.
- ❖ **Circulatory:** soothes and reduces varicose veins.
- ❖ **Respiratory:** due to its anti-viral properties, Australian Sandalwood relieves symptoms of coughs and colds. The Aborigines have long used a tea from the bark as a cough medicine.
- ❖ **Nervous System:** has a relaxing effect on the nerves and is used for agitated emotional states that lead to headache and insomnia. The aroma of Sandalwood is calming and sedative. In a Japanese study, Sandalwood has been shown to improve sleep by reducing the number of "wake times". Small amounts were applied directly to the forehead and nape of neck upon retiring.
- ❖ **Subtle Aromatherapy:** Sandalwood has been used for centuries in Ayurvedic medicine. It is considered the essential oil of choice for meditation.

Blends well with: Jasmine, Ylang-ylang, Rosewood, Patchouli, Vetiver, and Rose.

Safety: Sandalwood essential oil is non-toxic, non-irritating, and non-sensitizing.

I love using Sandalwood in many forms in my skin products. Though very costly, a small amount goes a long way and the fragrance lasts for years. In the Sandalwood Exfoliant I use Sandalwood powder. In the Moisturizing Cream and the Serenity Room Mist I use Sandalwood essential oil. Sandalwood hydrosol (the distillation water) has a divine fragrance and is wonderful for skin products but currently difficult to find.

Healing Essentials Price Increase: For many years, I have sold my Healing Essential products at the lowest cost possible. Consistently using the finest quality materials and oils available, I refuse to compromise by purchasing inferior quality materials. Thus, due to price increases on essential oils, bottles, labeling, and shipping fees, I have had to raise all prices. Long standing clients will always receive a discount.

****Monthly Specials 25% Discount on New Price****

MOISTURIZING CREAM: Essential oils: Frankincense, Jasmine, Myrrh, Rose, Sandalwood, Lavender, Patchouli, Grapefruit in a cream base. **1 oz = \$18.00**

SANDALWOOD MASK / EXFOLIANT: Essential oils: Sandalwood, Rose blended with Sandalwood powder in a cream base. Mild cleanser and exfoliant. **1.5 oz. = \$9.00**

SERENITY ROOM MIST: Essential oils: Frankincense, Jasmine, Lavender, Sandalwood, Marjoram, Ylang- Ylang. **4 oz. = \$6.00**

May your meditation practice deepen with the fragrance of Sandalwood oil surrounding you.

Patricia Wing, RN, IAC, Clinical Aromatherapist

References: 1. The Scent Trail by Celia Lyttelton, 2007. P. 203 -205.
2. The Complete Guide to Aromatherapy, by. Battaglia, S., P. 263-266.