

Essential oils at a glance – Cedarwood Virginian

Dr Gillian Hale

Oil of the month – Cedarwood Virginian

Name of oil:	Cedarwood Virginian	Latin name:	<i>Juniperus virginiana</i>
Description of plant:	An evergreen conifer tree native to eastern and central North America. Most specimens reach 50 ft (15 m) or higher. This species and other conifers used for producing 'cedarwood' essential oils are not true cedarwoods. True cedarwood essential oil is extracted from the Atlas or Himalayan varieties, which are protected species	Nature of oil:	A pale yellow or orange liquid. The aroma is distinctly woody with a camphor tinge. The odour effect is warming and calming; a reputed aphrodisiac
Method of oil extraction:	Steam distillation of the sawdust and wood shavings	Blends well with:	Bergamot, clary sage, cypress, juniper berry, frankincense, neroli, petitgrain, rose, jasmine, oakmoss, rosemary, sandalwood, vetiver and ylang ylang
Specific precautions required:	The oil may irritate sensitive skin; avoid during pregnancy		
Aromatherapeutic properties:	Acne, oily skin and hair, dandruff, eczema, psoriasis, arthritis, rheumatism, bronchitis, catarrh, coughs, premenstrual syndrome and stress-related disorders		

Information from: Wildwood C. *Aromatherapy*. Bloomsbury Publishing Plc, 1996.

For more information on essential oils and, specifically, their role in stress management, visit:

<http://www.aromatherapy-stress-relief.com/stressatwork.html>

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