

QUICK REFERENCE SHEET

HOWOOD

Cinnamomum camphora



Plant Family:
Lauraceae



Extraction Method:
Steam Distilled



Part Utilized:
Twigs, Bark



Region of
Origin:
China

AFFINITY FOR:

immune system, bones, skin, muscles, joints

THERAPEUTIC PROPERTIES:

antibacterial, antifungal, anti-infective, emollient, analgesic, antispasmodic, immune tonic, sedative, tonic, antidepressant, aphrodisiac

AROMATIC CONSIDERATIONS:

Howood is similar in composition and nature to Rosewood. It can be used for most applications in which you would use Rosewood, yet Howood is a beautiful oil in its own right. Howood is emotionally uplifting to the mind. It promotes alertness and clarity, but is relaxing and refreshing at the same time.

APPLICATION:

Howood is especially nice when added to a bath. It can be diluted and applied to the appropriate areas of the feet and body. It makes an excellent addition to a massage oil. Some people like to add a few drops to their shampoo.

INGREDIENT IN:

LeGrateful Heart, LeMeditation, LeTransition, LeVision

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Howood can prepare our minds and spirits for emotional, spiritual, and energy healing work. Howood calms the nerves and is an antidepressant.

PHYSICAL ASPECTS:

Howood is a cellular stimulant and regenerator (cytophylactic), much like Helichrysum. This makes it a very valuable oil, especially for the price. Because Howood has an exceptionally high linalool content, it is thought to be very nourishing and supportive to the immune system. It should be used routinely as part of a preventative health care regimen.

Howood is an excellent oil for reducing inflammation, spasms, and pain in muscles and joints. It can be used effectively for injuries or arthritis.

GENERAL INFORMATION:

The aroma of Howood contains NO camphor-like notes, in spite of its latin name. This is a very mild and pleasant essential oil.

Howood is being promoted around the world as a viable substitute for Rosewood, which is becoming an endangered species. It seems to be quite a good substitute, actually, but I hope we can always purchase and use both.