# Cedarwood

Cedarwood is an excellent oil for meditation and clarity of mind. It reduces tension and promotes restful sleep. The aroma of cedarwood can help us realize when we are being self-righteous, rigid, or dogmatic in our opinions. Cedarwood is useful for chest infections, asthma, and coughs. It is also soothing and healing to the skin, especially to the scalp. Cedarwood is often used for dandruff, hair loss, and psoriasis. Cedarwood encourages lymphatic drainage and stimulates the breakdown of fat in the tissues.

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