

## 6 Surprising Benefits of Using Aloeswood Essential Oil

Aloeswood essential oil can cure chronic diseases, stress, and anxiety, induce better sleep, and reduce fatigue. The natural chemical composition of Aloeswood makes it an effective option to fight muscle fatigue and boost energy levels after a long exhausting day. In addition, when used in aromatherapy massage oil blends, aloeswood essential oil creates a calming and soothing sensation.

It has been said that aloeswood essential oil can do everything from fighting stress to maintaining a healthy body weight. In addition, though rarer and more expensive than other oils such as lavender or sandalwood, aloeswood enhances our spirituality through meditation or worship sessions. Here you can explore the six most important benefits of aloeswood essential oil - starting with the fact that it can break up congestion caused by colds and allergies.

### 1. Fight off Cold and Flu

A cross-sectional study in Japan found that Aloeswood essential oil effectively relieves colds. It also showed that aloeswood is highly effective in reducing inflammation, suppressing coughing, alleviating sinus congestion, and even reducing anxiety caused by a bad case of sniffles.

Odorless, colorless, and tasteless, aloeswood essential oil can effectively remedy headaches and fever. Aloeswood essential oil is a distillate that comes from the tree *Aquilaria agallocha*. In addition, it has been scientifically proven that aloeswood essential oil improves the quality of sleep during colds and helps boost the immunity of a person to fight antigens.

### 2. Fight muscle fatigue

Aloeswood oil contains elemicin, which has muscle relaxant properties that are useful for those who suffer from chronic pain due to fibromyalgia or chronic fatigue syndrome (CFS). When used with a massage therapy oil blend, it induces a soothing and relaxing effect to help you feel better after a hard day's work.

**Aloeswood Essential Oil** also helps reduce fatigue and improve energy levels. It helps to stimulate the nervous system and induces feelings of being revitalized with a boost of energy. The scent-free aromatherapy massage oil blend is perfect for use as an effective remedy for muscle pain after a strenuous day of exercise or during pregnancy.

### 3. Induce better sleep

This essential oil is also great to induce sleep when you inhale the scent, especially when used in an aromatherapy massage oil blend and made into a natural body spray or diffuser blend, an

effective way to induce relaxation, promote stress relief, and induce better sleep at night. In addition, aloeswood makes a great room scent by letting it simmer with water inside a pot.

The evaporation of aloeswood essential oil calms the body and mind and induces sleep. If you need to go to bed earlier than usual, or wake up early in the morning without disturbing your partner, use an aromatherapy massage oil blend containing aloeswood essential oil for its sedative effects.

#### **4. Reduce anxiety and depression**

There is a direct connection between chronic stress, depression, bipolar disorder, and other ailments that can be potentially treated with Aloeswood essential oil as part of an aromatherapy massage oil blend. Aloeswood essential oil can help to reduce stress, anxiety, and depression.

The scent of aloeswood essential oil accommodates cold and flu symptoms caused by inflammation. In addition, it helps to reduce stress, anxiety, and depression through its soothing properties. Aloeswood essential oil calms your mind and body, reduces chronic pain, and eases joint inflammation.

#### **5. Improve skin health**

Aloeswood essential oil has healing properties that can benefit skin conditions such as acne, eczema, and psoriasis. In addition, aloeswood essential oil is used in aromatherapy massage oils for its soothing effects on the nervous system.

This makes it easy to maintain a healthy weight with this unique blend of nature's beneficial ingredients for our body, mind, and soul. Like any other natural remedy, aloeswood essential oil should be used carefully for best results and minimum side effects.

#### **6. Analgesic properties**

The analgesic properties of Aloeswood makes it perfect to use in aromatherapy as massage **oil** blends for reducing pain in the feet, back, and neck area. The odorless-tasting, colorless aloeswood essential oil is an effective remedy for relieving muscle pain after strenuous exercise or during pregnancy when you're experiencing pains in your limbs or abdomen.

It also reduces swelling caused by intense physical activity such as a workout class or heavy gardening. Additionally, Aloeswood essential oil contains cineole that helps reduce swelling and maintain skin elasticity.

#### **Final Words**

If you are looking for the best ways to reduce the stress and anxiety in your life, use an aromatherapy massage oil blend containing aloeswood essential oil to help you relax, relieve pain and tension, induce better sleep, and have a state of mind that is more relaxed. Just make sure to buy authentic Aloeswood essential oils and then start taking it any way that suits you. If you want to learn about Aloeswood Essential Oil, [click here](#).