

Siam Wood

Essential Oil



Ingredients: Fokienia Hodginsii (Siam) Wood Oil

Botanical Name: *Fokienia Hodginsii*

Country of Origin: Vietnam

Extraction Method: Steam Distilled

Plant Part: Roots

Shelf Life: 3-4 years

KidSafe: Yes **Pregnancy Safe:** Yes

Nursing Safe: Yes **Pup & Pony Safe:** No

Cautions: Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. External use only.

Directions:

Aromatic - Diffuse using 3-4 drops per 100 mL of water or use in a personal inhaler.

Topical - Dilute to 1-3% in a carrier.

DESCRIPTION

Siam Wood Essential Oil, also known as Pemou or Po Mu, is a precious oil from the evergreen *Fokienia hodginsii*, which can grow up to 100 feet tall. With a warm, creamy, woody aroma that has coniferous hints, this calming and grounding essential oil may help with fatigue, grief, stress, and also support mental clarity. Because of these benefits, Siam Wood makes an excellent addition to meditation and yoga practices. This essential oil may also be useful in alleviating sore muscles from overexertion and helping protect yourself against outdoor annoyances when you're spending time outdoors.

The amazingly complex aroma of Siam Wood will be a great addition to your perfumery blends. It's also because of this aroma and its benefits, that some consider it to be a lovely substitute for Sandalwood.

Calming & grounding

Complex, rich & woody aroma

Helps soothe fatigue & stress