

## Rosewood

### *Aniba rosaeodora* – Lauraceae

A tropical tree with a red bark and heartwood. It is one of the tropical trees that are being felled in the South American rainforests and it used to be considered a controversial oil for aromatherapy use. However, the Brazilian government has legislation in place to force producers to manage plantations of rosewood trees. The trees are felled for their wood, for use in furniture production, the essential oil industry is not the primary reason for felling the trees.

<b><u>Place of Origin</u></b>	<b><u>Part of plant used</u></b>	wood chippings
Brazil	<b><u>Method of Extraction</u></b>	Steam Distillation
<b><u>Characteristics</u></b>	<b><u>Yield</u></b>	1%
Colour: Pale yellow-clear Perfume notes: Middle	<b><u>BF</u></b> <b><u>TR</u></b>	4-8 D
Aroma		

### **Chemical Composition**

		%
Monoterpenols	<b>linalool</b>	80-90
	<b>geraniol</b>	<b>2</b>
	alpha-terpineol	3
Oxides	<b>1,8 cineole</b>	<b>1</b>

### **Properties:**

**Antidepressant, cytophylactic, nervine, sedative, tonic, aphrodisiac, analgesic, antimicrobial**

### **Precautions:**

Non-toxic, non-irritant, non-sensitising

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**Indications**

**Circulatory system**

**Musculo Skeletal System**

**Digestive System**

IBS, "Nervous system tummy", stress related  
Digestive problems

**Nervous System**

anxiety, tension, stress, frustration, irritability,  
depression, Nervous system conditions,  
insomnia

**Genito Urinary/Gynaecological**

Menopausal imbalances, PMS, mood swings

**Respiratory System**

**Immune system**

**Skin/Hair**

Sensitive skins, irritated conditions, mature  
skins, broken capillaries, psoriasis, eczema,  
dermatitis, general skin tonic

**Clinical Research**

None listed specifically for rosewood, although linalool is a proven sedative

**Psychological uses**

Rosewood has a gentle and calming influence on the psyche, clearing the mind and evoking a feeling of well-being. It has the ability to uplift and enliven creating an overall balancing effect on the mind and body, ideal for all stress related conditions, particularly of an emotional nature.

**Summary:** Gentle balancer