

## **How To Use Agarwood Essential Oil To Stay Fit & Healthy?**

Agarwood essential oil has a soothing effect on the body and mind, which helps to balance your emotions and relax your mind. Aromatherapy is used to help treat insomnia, anxiety, depression, chronic pain, or any ailment that causes distress. When used appropriately with a carrier oil it can also be used to relieve sore muscles or even clear up acne.

These essential oils can be added to your bathwater or applied topically to soothe aches and pains- this is especially effective after a long day at the office. Agarwood is a highly fragrant wood that is usually yellowish or brownish. It has a variety of health benefits because it contains over 120 natural compounds such as eugenol, camphor, and guaiacol. This resin also helps clear the nose when you smell Agarwood.

### **Understanding About Agarwood Essential Oil**

Agarwood essential oil has a lot of health benefits and is extracted from the Aquilaria tree, an evergreen tree native to Indonesia. This tree bears a fruit that looks like an elongated gourd, but instead, a seed is surrounded by fleshy insides. The fruit's exterior can be carved out to resemble any shape or form and will be sold in the market as Agarwood carvings.

Once you have finished using it as a piece of art, then you can extract its oil through steam distillation or cold pressing. This essential has a long shelf life, so you do not have to worry about storing it. The Agarwood tree can grow up to 20 feet in height and produces a lot of resin used to create this amazing oil.

Many tribes use Agarwood Essential Oil as an ingredient in their aphrodisiacs or remedies, and they also use it as incense. An agarwood incense is made by mixing other natural ingredients such as sandalwood, cinnamon, rose, etc., with Agarwood. The mixture is then baked at low temperatures to release the scent that can be anywhere from 9-10 hours long.

### **Why People Are Using Agarwood Essential Oil?**

The amazing scent released from Agarwood makes it a popular choice for aromatherapy, air fresheners, meditation, and even incense. Essential agarwood oil can help improve your mood and reduce stress. This natural oil is also used as an aphrodisiac and has long been used in traditional Chinese medicine to promote longevity and cure infections.

If you are suffering from insomnia, anxiety, or depression, these oils will help you recover from your symptoms. You can apply this oil directly by diffusing it into the air, or you can add the oil to a diffuser that will disperse its therapeutic properties into the air around you. The main constituents found in Agarwood are  $\alpha$ - and  $\beta$ -pinene, sesquiterpenes, cadinene, linalool, and agarofuran.

It is a resinous heartwood that comes from the fragrant tree *Aquilaria malaccensis*, which grows in South East Asia. Oleoresin was used in ancient times to perfume clothing and cosmetics and also used to preserve foodstuffs. It was also used as incense during religious ceremonies because of its calming scent.

### **Agarwood Oil for Fresh Mood and Healthy Mind**

Agarwood oil is rated as the finest essential oil and is used extensively in aromatherapy to help improve mood and balance emotions. These oils can penetrate the skin easier than others, which means they quickly release their wonderful aroma into your bloodstream. It also improves your body's immune system, which means you will be less prone to illness or colds. Here are a few different ways to apply this essential oil:

- Pour and roll some oil onto your wrist and activate it by rubbing
- Use it as a perfume and apply it around your neck area
- For faster results, clean your feet and rub some oil on the bottom of your feet
- Also, you can use a diffuser to spread the aroma of the oil in the air around you
- Some essential oils are fit for consumption, and you can add them to your food and drinks for extra flavor.

This essential oil also boosts energy levels, heightens your attention span, improves digestion, and even relieves headaches, much like peppermint essential oil. If you want to feel better during the day, you can [use agarwood essential oil](#) perfume by diffusing it into the air around you.

### **To Conclude**

There are many uses for essential agarwood oil; you can use it to help balance your emotions and improve mental clarity. Additionally, evaporating essential oils into the air in your bedroom will make it easier for your body to stay fresh and healthy during sleep at night.