

## Sandalwood Remedies for Skin – Benefits for Healthy and Clear Skin

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Skin problems like pimples, dark spots, after marks, smuts, dark circles and many such are quite common among teenagers. There are very few young guys and girls who don't get these problems. This is a time tested Ayurvedic ingredient used in home remedies for clear skin and is effective in soothing pimples, acne, blemishes and rashes. It is also effective in soaking excess oil and sebum from the skin. Sandalwood remedy is simple, affordable and easy to use and is the solution for [how to get really clear skin](#). These remedies will give you clear and healthy skin in no time. This article provides you with various sandalwood remedies for skin and its additional benefits.



### Sandalwood Benefits for Skin

There is a wide range of medicinal properties of sandalwood that makes it the best and most reliable of home remedies for face and all types of skin conditions like eczema, psoriasis and [ringworm rash treatment](#).

**Anti-tanning Property** – Sandalwood paste is one of the best clear skin remedies that can be used to sooth harsh sunburns and clear skin tanning. The natural oils in sandalwood naturally clear skin complexion and add a healthy glow to it.

**Anti-aging Property** – The toning effect of sandalwood helps in shrinking skin pores that provides an even skin texture and prevents sagging and aging skin. It tightens the drooping skin tissues in order to provide a supple and youthful appearance to the skin.



**Skin Softening Effect** – One of the most effective sandalwood oil benefits is ensuring baby soft skin. Sandalwood oil can either be used by itself or infused with other natural oils and massaged into the skin to get best results.

**Pimple and Acne Treatment** – The powerful antibacterial properties of sandalwood work effectively in fighting the bacteria and fungi and prevents the breakout of pimples and acne.

**Itch Relief** -Skin itching and infections can be relieved within 30 minutes of application of sandalwood on the skin. It also helps in subsiding inflammation, skin redness and sore skin.

**Prickly heat Solution** – Excessive heat and sweating during summer season often result in itchy and painful prickly heat. The cooling astringent property of sandalwood helps in cooling the skin and curing prickly heat naturally.

**Clear Complexion** – Dark and dull complexion can make you unappealing and unattractive. Topical application of sandalwood mixed with other natural ingredients clear skin naturally without any side-effects.

## Best Sandalwood Remedies for Skin

Skin is a delicate organ, and it should be treated with special care. Although, there is a wide range of over the counter skin creams and lotions, but the harsh chemicals present in these products take a toll on the skin and damage it permanently. Therefore, it is best to opt for natural solutions. Here we give you a few sandalwood home remedies for healthy skin that you can prepare in your home. The best thing about these remedies is that only natural ingredients are used in them that are readily available in your kitchen.



## Sandalwood Remedy for Pimples

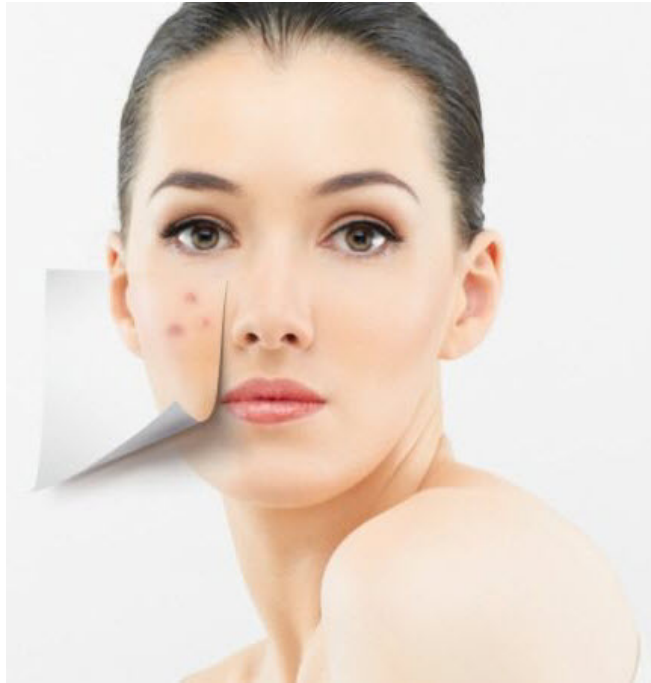
Excessive oil and sebum deposited on skin attracts dirt and impurities and clogs the skin pores that lead to acne and pimple breakouts. Sandalwood is the best [homemade treatment for acne](#) and pimple breakouts. Make a paste by mixing 1 tbsp of sandalwood powder with ½ tsp of turmeric powder and 1 tbsp of rose water. Apply a coat of this paste on your face and keep for about 20 minutes and then wash it off with water. By doing this, you can reduce your pimples and also you can feel your skin happy.



## Sandalwood Remedy for Skin Spots

Liver dysfunction, exposure to sun rays and increasing age results in the formation of age spots and pigmentation. Take sandalwood powder and turmeric powder in equal quantity and make a paste of

milk. Add a pinch of camphor powder to it. Massage your face with the paste and leave it for the night. It not only gives you a cool feeling but also cleans away the skin marks.



### Sandalwood Remedy for Soft Skin

With progressing age and constant exposure to environmental pollution, the skin loses its softness. Take equal measures of sandalwood powder, turmeric powder or [holy powder](#) and lemon juice to make a paste and apply it on your face. Rinse with cool water after 30 minutes. It would make your skin not just soft but also marks free.



### Sandalwood Remedy for Open Pores

Open skin pores enhances the secretion of sebum and provides an uneven appearance to the skin. Make a paste of sandalwood powder and rose water and apply it on your face. Wash after 15 minutes. For the ones with oily skin, this paste prevents pimples and for others it cleanses your pores.



## Sandalwood Scrub

Exfoliation is an important part of daily skin care that removes the layer of dead cells and deposits from skin, [soften heels](#) and cracked skin and add a natural glow to the skin of the body. Mix sandalwood powder and black chickpea powder in equal quantity either of milk or rose water; apply the paste to your face and massage in soft circular motion for 5 minutes. Leave it on for another 30 minutes and wash off with water. This is an effective scrub for exfoliating the skin and removing dead cells, dirt and impurities.



## Sandalwood Remedy for Clear Complexion

Even the brightest of complexion can be dull and lifeless due to the harmful effects of free radicals and oxidative stress. Sandalwood is one of the best natural remedies which might very well be the answer to the question of [how to get a clear face in a week](#). Mix 1 tbsp of sandalwood powder with 1

tbsp of almond paste with 1/2 tsp each of honey and milk. Mix well and apply on face and neck. Wait for 1 hour and wash off with water. Applying this remedy 3 to 4 times every week helps in lighting skin tone.



### Sandalwood Remedy For Anti-tanning

A day out in the beach or a picnic in the park can be fun and full of enjoyment, but it takes a harsh toll on the exposed skin causing severe skin tanning. But sandalwood is the ultimate solution to the question of [how to protect your face from the sun](#). Mix 1 tbsp of sandalwood powder with 1 tsp of sour curd and 1/2 tsp of honey. Blend it well and apply on face, hands and other tanned areas of the body. Leave it on for 1 hour and wash off with water. It not only adds a natural glow to the skin but also removes skin tan.



## Sandalwood Remedy for Anti-aging

Progressing age and continuous cellular damage caused by free radicals lead to the appearance of wrinkles, fine lines and furrows. But it can be prevented and controlled with regular consumption of [anti aging fruits](#) and juices and use of sandalwood remedies. Mix 2 tbsp of sandalwood powder with 1 egg yolk and 1 tbsp of honey. Apply the pack evenly on your face and neck. Wait for 1 hour and wash off with water. It helps in increasing the elasticity of sagging and drooping skin.



## Sandalwood Remedy for Prickly Heat

The summer season brings with it sweat and heat that often causes irritating prickly heat. Mix 2 tbsp of sandalwood powder with 2 tbsp of water to turn it into a thick paste. Apply this paste on the affected areas on face, arms, neck, chest and back. Wait for 1 hour and wash it off with water. This helps in soothing and cooling the irritation and burn caused by prickly heat and excessive sweating. It is a safe remedy for children also.



## Sandalwood Remedy for Rashes and Allergies

Sensitive skin is prone to rashes, infections and allergies. Mix 1 tbsp of sandalwood powder with a pinch of powdered camphor, add some water to it to make a paste of thick consistency. Apply the paste evenly on the skin allergy and rashes; Let it dry off for 1 hour and then wash it away with cold water. This is one of the best [natural ways to treat psoriasis](#), eczema, rashes, allergies and burns





### No Side Effects from Sandalwood:

Sandalwood is being used for centuries now. Mostly, it is used in Ayurveda. It relieves you from any kind of cuts or wounds or ulcerates and improvises your skin. As it is a natural substance, routine use of sandalwood will not show any side effects. Tips of clear skin are incomplete without the inclusion of sandalwood into it.

### Additional Benefits of Sandalwood:

Apart from the ones mentioned above, sandalwood remedies for skin have many more assets. Here we go with few additional benefits of using this sandalwood.



- Sandalwood has the anti-bacterial trait and hence it is used as an herbal antiseptic. Hence, it is used for curing bruises, scotches and also burns.
- If any part of your skin gives you itching or burning sensation make a paste of sandalwood powder, turmeric powder and lemon juice and apply it on the affected area. It reduces not only the itch, but also the ruddiness caused due to it.
- Sandalwood oil is proved effective in moisturizing dry skin. Swelling and itch caused by an insect bite can also be reduced by applying a paste of sandalwood powder.
- Not just these, the use of sandalwood in any form is beneficial, be it oil or soap.
- Sandalwood balances the mechanism of your body, improves your digestion process, respiratory process and strengthens your nervous system.

## Sandalwood Remedies for Skin: Sandalwood Oil

Sandalwood oil is a widely popular essential oil extracted from sandalwood through steam distillation of the chips and billets of the heartwood. It contains 90% of sesquiterpenic alcohols of which 60% is tricyclic  $\alpha$ -santalol and 25% is  $\beta$ -Santalol. Sandalwood essential oil has amazing medicinal properties, and it works effectively as an antiseptic, anti-inflammatory, disinfectant, carminative and sedative. There are three varieties of sandalwood – Indian sandalwood, Hawaiian sandalwood and Australian sandalwood of which Indian sandalwood is considered best. The excellent cleansing, astringent and toning properties of sandalwood oil make it a common ingredient in facial oils, soaps, creams and lotions. Sandalwood oil is especially effective for curing inflamed, chapped and sensitive skin. Sandalwood oil is considered to be one of the best and natural sandalwood remedies for skin. This oil reduces tan on your skin.



- Take 5 tbsp of coconut oil, 2 tbsp of almond oil and 4 tbsp of sandalwood powder and form a paste. Apply this oil on the tanned part of your skin for 10 days. You can see the tan fade off.
- If you sweat a lot, then apply the paste of sandalwood powder on your body for 15 days before taking a bath. This is an effective natural solution to the question of [how to get rid of excessive sweating](#) and body odour that also gives your body a wonderful fragrance. You can also use sandalwood for preparing homemade face packs for healthy skin.

- Sandalwood oil can be mixed with other carrier oils and applied to dehydrated and aging skin to gain back vitality and youthfulness of skin.
- Regular application of sandalwood oil soothes and softens skin and reduces the appearance of wrinkles, fine lines and blemishes.
- Sandalwood oil can be used topically to treat eczema, inflammation, itching and scars.
- The calming and soothing properties of sandalwood oil help in relieving anxiety, tension and stress and ensures restful sleep.

Note: If you want to maintain a clear skin, then sandalwood remedy is the best option. These sandalwood remedies for skin, work only if you practice your activity for 8-10 days on a regular basis. (Some skins can show early results, while some can take longer time. So don't worry and be patient.)

## Selection and Storage of Sandalwood Oil

Being a high-priced essential oil, it is often adulterated with other oils and therefore, it is important to select and store this oil carefully for enjoying its wholesome benefits.



- Sandalwood oil can be diluted with other essential oils like copaiba oil, amyris oil or Atlas cedar fractions. These oils are added to the oil to increase the quantity.
- Real sandalwood oil must be aged for six months for full maturity which leads to the development of a sweet, woody aroma.
- The fragrance of sandalwood oil continues to increase with age, so it is best to store the oil in a dark, airtight glass container.

Sandalwood is the ultimate solution for all types of skin problems and one of the best natural ways to clear the skin of impurities. People with all skin types – oily, dry, normal and combination can treat their skin problems using the above-mentioned solutions and write back to us in the form of comments or emails about their experience. We will be happy to hear the experiences from you. Take care!

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