

# Douglas Fir

*Pseudotsuga menziesii* 5 mL

dōTERRA | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

**Application:** A T N

**Plant Part:** Branch/Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Clean, fresh, woody, airy

**Main Chemical Composition:**  $\beta$ -pinene,  $\alpha$ -pinene,  $\delta$ -3-carene, sabinene

**Douglas Fir** | *Pseudotsuga menziesii* 5 mL

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## Primary Benefits

- + Cleanses the skin and surfaces
- + Provides a refreshing, airy aroma
- + Creates positive and inspiring surroundings
- + Provides an energizing aroma during a massage

## Description

Distilled from the evergreen boughs of the Douglas Fir tree, Douglas Fir essential oil has a stimulating, piney aroma. Douglas Fir has a unique chemical composition that's particularly rich in  $\beta$ -pinene, a monoterpene associated with the positive benefits of "forest bathing." Diffusing Douglas Fir in the home helps create an energizing and breathable atmosphere, especially when combined with citrus oils. When used topically, Douglas Fir essential oil provides both surface cleansing properties and soothing benefits to the skin.

Sourcing Douglas Fir oil: dōTERRA Douglas Fir essential oil is sustainably sourced in New Zealand, where it is a highly invasive species threatening the country's ecosystem. By harvesting the young trees before they produce cones, dōTERRA is helping combat the environmental impact of the trees while procuring priceless essential oil.

## Uses

- + Diffuse with citrus oils to freshen the air.
- + Add to facial cleanser, bar soap, or body wash for added cleansing benefits.
- + Rub into hands and inhale for an inspiring, energizing aroma.
- + Add to a DIY all-purpose cleaner for an extra cleansing boost.

## Directions

**Diffusion:** Use three to four drops in the diffuser of choice.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

## Cautions

For external use only. Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.