

White Fir

Abies alba 15 mL

dōTERRA™

PRODUCT INFORMATION PAGE



Application:



Plant Part: Needle

Extraction Method: Steam distillation

Aromatic Description:

Clean, crisp, woody, powdery

Main Chemical Components:

Limonene, β -pinene, bornyl acetate

PRODUCT DESCRIPTION

White Fir tree is a popular wood for construction because of its combination of strength, versatility, and beauty. It is also a popular choice for Christmas trees. Native Americans used White Fir as a building material. Aromatically, White Fir evokes feelings of stability, energy, and empowerment. It can be stimulating to the mind while helping the body to relax.

USES

- Add 1–2 drops to a hot bath to relax and breathe in White Fir's cleansing aroma.
- Diffuse to beat the afternoon slump at work.

DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

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.

PRIMARY BENEFITS

- Grounding aroma.
- Energizes the body and the mind.

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Part Number: 30251713

Wholesale: \$21.20

Retail: \$28.27

PV: 21.20

