

Siberian Fir

Abies sibirica 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade™

Application: A T I N

Plant Part: Needle/Twig

Extraction Method: Steam distillation

Aromatic Description: Green, woody, fresh

Main Chemical Components: Bornyl acetate, Camphene, δ -3-Carene, α -Pinene

PRIMARY BENEFITS

- Creates a tranquil, positive space
- Diffuse for a relaxing aroma
- Use to help enhance a soothing massage

Siberian Fir

Abies sibirica 15 mL

Part Number: 60203125

PRODUCT DESCRIPTION

The Siberian fir tree is a tall, light in color, conifer tree native to Russia and Canada. Siberian Fir essential oil has a refreshing, woody scent that is known for its calming and relaxing aroma. Siberian Fir has a unique chemical composition that is predominately bornyl acetate, which provides a majority of the benefits of this essential oil. Siberian Fir can be very soothing to the skin, making it an ideal essential oil to add to a comforting massage.

USES

- After strenuous activity, massage into skin for soothing comfort.
- Apply topically to skin to help soothe minor skin irritations.
- Inhale deeply and experience the refreshing aroma.

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in four fluid ounces of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier 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.

