

Siberian Fir

Abies sibirica 15 mL

dōTERRA®

Product Information Page (UAE)



Application: T N

Ingredient: Abies Sibirica Oil, Limonene*

Aromatic Description: Green, woody, fresh

Siberian Fir | *Abies sibirica* 15 mL

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Primary Benefits

- + Produces a soothing, calming effect when applied to the skin.
- + Siberian Fir soothes the skin from minor skin irritations.

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, diluting as needed with Fractionated Coconut Oil.

Directions

Topical: General cosmetic use, apply to desired area. For targeted skin application, mix 1-2 drops with ~10 drops carrier oil.

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.

*Naturally occurring oil compounds