

# DOUGLAS FIR

*Pseudotsuga menziesii* 5mL

*Clean, fresh, woody, airy*

*Aromatic description*

## PRIMARY BENEFITS

- Promotes a clear sensation on inhalation
- Provides an uplifting aroma

## PRODUCT DESCRIPTION

Douglas Fir is a conifer that grows natively throughout North America. This tall, evergreen fir tree is frequently used in the Christmas tree industry and has a lemon-scented note that's sweet and refreshing.

dōTERRA Douglas Fir essential oil is sustainably sourced from young trees in New Zealand, where it is a highly invasive species threatening the country's ecosystem. By harvesting young Douglas Fir trees and using them for essential oil, dōTERRA is helping combat the environmental impact of the trees overtaking the land while providing a premium conifer essential oil.

Douglas Fir essential oil has a unique chemical composition that's particularly rich in beta-pinene, contributing to its fresh and clear aroma and can be used to cleanse the skin and blending Douglas Fir essential oil with citrus oils will create an uplifting environment and refreshing aroma.

## USES

- Combine Douglas Fir with Wild Orange, Lemon or Bergamot in a diffuser to provide an uplifting aroma.
- Add one drop to facial cleanser, bar soap or body wash for an invigorating aroma.
- Diffuse two to three drops with Eucalyptus, or rub into hands and inhale deeply.
- Combine with one to two drops of Wintergreen and a carrier oil for a relaxing massage experience.

## DIRECTIONS FOR USE

**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 minimise any skin sensitivity.

See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

**PLANT PART:** Branch/Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
β-pinene, α-pinene, 3-carvone, sabinene



Certified Pure Tested Grade

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