

# SIBERIAN FIR

*Abies sibirica* 15 mL

*Green, woody and fresh*

*Aromatic description*

## PRIMARY BENEFITS

- Soothe and comfort. After strenuous activity, massage into skin for a soothing effect to help ease a tired and aching body.
- Whether at home, work, or study, we are often faced with challenging circumstances. Siberian Fir's refreshing aroma helps calm anxious feelings and may promote a positive outlook.
- The grounding aroma of Siberian Fir creates the perfect accompaniment to meditation or spiritual practices. Blends well with Bergamot, Cedarwood, Wild Orange and Geranium essential oils.

## PRODUCT DESCRIPTION

The Siberian fir tree is a tall, light in colour, conifer tree native to European Russia and Canada.

Siberian Fir essential oil has a refreshing, woody scent that is known for its calming and relaxing aromas.

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.

When diffused, Siberian Fir essential oil can help promote a relaxing and grounding atmosphere.

## USES

- After strenuous activity, dilute with a

carrier oil and massage into skin for soothing comfort.

- When working through difficult circumstances at home or work, diffuse Siberian Fir to provide a calming aroma. Blends well with Bergamot, Cedarwood, Wild Orange and Geranium essential oils.
- Inhale deeply and experience the refreshing aroma.

pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Needle/Twig

**EXTRACTION METHOD:**  
Steam distillation

## 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 to the right.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
Possible skin sensitivity. If you are



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