

SIBERIAN FIR

ABIES SIBIRICA 15 ML

SKU: 60203926



PRIMARY BENEFITS

- DIFFUSE TO PROMOTE A BALANCING AROMA
- DIFFUSE TO PROMOTE A RELAXING AROMA
- PROVIDES A SOOTHING EFFECT WHEN USED IN MASSAGE

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 easing 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 can help promote a relaxing and grounding atmosphere.

USES

- After strenuous activity, massage into skin for soothing comfort.
- When working through difficult circumstances at home, work or school, diffuse Siberian Fir to provide a calming aroma.
- 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.

Food additive use: Dilute one drop in ½ cup liquid.

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

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.

PLANT PART: Needle/Twig

EXTRACTION METHOD: Steam distillation

AROMATIC DESCRIPTION: Green, woody and fresh

