

Black Spruce

Picea mariana 5 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: **A** **T** **N**

Plant Part: Branch/Leaf

Extraction Method: Steam distillation

Aromatic Description: Balsamic, green, fruity, woody

Main Chemical Components: Bornyl acetate, α -pinene, camphene, δ -3-carene

Black Spruce

Picea mariana 5 mL

Part Number: 60209144

Wholesale: \$23.00 CAD

Retail: \$30.67 CAD

PV: 19

PRODUCT DESCRIPTION

Sourced in Canada, Black Spruce is distilled from the needles and branches of the small coniferous tree *Picea mariana*. From aromatic to topical use, Black Spruce is invigorating to the senses. Black Spruce can soothe the skin after a long day or provide a grounding aroma during your busy schedule. No matter how you use it, Black Spruce's diverse benefits are a must-have for daily use.

USES

Cosmetic:

- Add to carrier oil and massage into problem areas for a soothing massage
- Massage into chest for an invigorating aroma
- Apply to legs before or after exercising for an energizing massage

Household:

- Diffuse three to four drops for a grounding, energizing aroma

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 minimize any skin sensitivity. See additional precautions below.

CAUTIONS

For external use only. 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.

