

# 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 Composition:** Bornyl acetate, a-pinene, camphene, -3-carene

**Black Spruce** | *Picea mariana* 5 mL

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## Primary Benefits

- + Provides a calming, relaxing aroma
- + Promotes a clear, breathable home environment
- + Provides a soothing sensation during massage
- + Can help clean and comfort the skin

## Description

A potent wood essential oil, Black Spruce is steam-distilled from the needles and branches of the *Picea mariana* tree. Black Spruce contains high amounts of the chemical constituent bornyl acetate, which provides a calming aroma. Diffuse it or apply it to the back of the neck throughout the day to enjoy a relaxing atmosphere and a crisp, breathable scent. Black Spruce also provides a cooling, soothing sensation when applied topically. Dilute it with a carrier and massage it into the skin or tired shoulders and legs for a comforting massage.

**Black Spruce Sourcing:** Black Spruce essential oil is sourced in Chapais, Canada through Co-Impact Sourcing®. Using a state of the art, zero-waste facility, our sourcing partner transforms excess raw material from lumber industries into a sustainable source for a beautiful essential oil.

## Uses

- + Combine with carrier oil and massage into the skin for a soothing massage experience.
- + Include a drop in your daily skincare to promote a clean, balanced skin tone.
- + Rub into your chest or inhale throughout the day for a cool, energizing scent.
- + Add to a DIY surface cleaner for a grounding aroma and cleansing boost.
- + Diffuse throughout your home to promote a calm, relaxing atmosphere.

Co-Impact Sourcing® initiatives make sustainably and ethically producing Black Spruce possible.

## Directions

**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.