

Siberian Fir

Abies sibirica 15 mL

dōTERRA | CANADA

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Needle/Twig

Extraction Method: Steam distillation

Aromatic Description: Green, woody, fresh

Main Chemical Composition: Bornyl acetate, Camphene, δ -3-Carene, α -Pinene

Siberian Fir | *Abies sibirica* 15 mL

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Primary Benefits

- + Has a woody, fresh, energizing aroma
- + Creates a tranquil, positive space
- + Diffuse for a relaxing aroma
- + Use to help enhance a soothing massage

Description

Siberian Fir essential oil is steam distilled from a fragrant evergreen tree that thrives in the remote forests of Siberia. It has a unique chemical composition that is rich in bornyl acetate, which provides the relaxing, grounding properties of the oil's scent. Another main component, α -pinene, contributes to its calming aromatic qualities. In addition to its aromatic benefits, Siberian Fir can be particularly soothing to the skin. Use this oil to add an energizing touch to a comforting massage or enjoy a drop in your daily skincare for an invigorating effect.

Uses

- + Massage into the legs after exercising for a soothing aroma.
- + Add to the shower floor for an energizing steam fragrance.
- + Add a drop to a daily moisturizer to enhance the appearance of healthy-looking skin.
- + Add ten drops to a spray bottle with water and use as a refreshing room spray.
- + Inhale deeply and experience the serene, centering aroma.

Directions

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: When used topically, dilute 1 drop with carrier oil as needed for skin sensitivity.

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.