

# Balsam Fir

*Abies balsamea* 5 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



## PRIMARY BENEFITS

- Creates a grounding and energising effect when applied topically.
- May be effective in soothing the skin when applied topically as part of a calming massage.

## PRODUCT DESCRIPTION

The majestic, evergreen balsam fir tree produces a warming, refreshing essential oil. Native to North America, the tree can tower over 24 metres in height and produces needle-like leaves. Native Americans historically used balsam fir for rituals and wellness purposes. Primarily used for pulp and construction, the balsam fir tree does not respond well to urban pollution and is not plentiful in cities, preferring to grow in the woods where the air is fresh and clean. As a main constituent,  $\beta$ -Pinene may be effective in soothing the skin when applied topically as part of a calming massage. Balsam Fir essential oil is steam-distilled from the bark of the tree, producing a fresh, woody aroma.

## USES

- Use two to three drops with Fractionated Coconut Oil for an invigorating massage.
- Use two to three drops in a warm Epsom salts bath to revitalise after a long day.
- Add one drop to facial cleanser, bar soap or body wash.

## DIRECTIONS FOR USE

For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil. For topical use only.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears and sensitive areas.

