

# Siberian Fir

*Abies sibirica* 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- Produces a soothing, calming effect when applied to the skin.
- Siberian Fir soothes the skin from minor skin irritations.

## PRODUCT DESCRIPTION

Siberian Fir can be very soothing to the skin, making it an ideal essential oil to include in a comforting massage. Siberian Fir can help promote feelings of easy breathing, while calming the emotions and providing a grounding effect.

## USES

- Apply topically to skin to help soothe minor skin irritations, diluting as needed with Fractionated Coconut Oil.
- Combine with Fractionated Coconut Oil for an invigorating massage.
- Whether you've spent the day doing deep-cleaning, running a marathon, or chasing after kids, massage Siberian Fir into your skin for soothing comfort.

## 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.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. Avoid contact with eyes, inner ears, and sensitive areas.

