

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.

ADDITIONAL INFORMATION

Batch number can be found on product. Period after opening is 12 months. Expiration date can be found on product.

