

Siberian Fir

Abies sibirica 15 ml

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PRODUCT INFORMATION PAGE



CPTG™

Plant part: needle/twig

Extraction method: steam distillation

Aromatic description: green, woody, fresh

Main chemical components: bornyl acetate

PRIMARY BENEFITS

- Helps balance emotions
- Promotes feelings of easy breathing

Siberian Fir

Abies sibirica 15 ml

Part number: 60203653

PRODUCT DESCRIPTION

The Siberian fir tree is a tall, light-in-colour conifer tree native to Russia and Canada. Siberian Fir essential oil has a refreshing, woody scent that is known for its calming and relaxing properties. Siberian Fir has a unique chemical composition that is predominately bornyl acetate, which provides a majority of the easing benefits of this essential oil. Siberian Fir can be very soothing to the skin, making it an ideal essential oil to add to a comforting massage. Siberian Fir can help promote feelings of easy breathing, while calming the emotions and providing a grounding effect.

USES

- After strenuous activity, apply to muscles and joints or use with Fractionated Coconut Oil for a massage.
- Add a drop or two to your moisturiser and apply to the back of the neck or bottom of the feet.
- Apply topically to skin to help soothe minor skin irritations.

DIRECTIONS FOR USE

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

Internal: Dilute 1 drop in 125 ml of liquid.

Topical: 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. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

