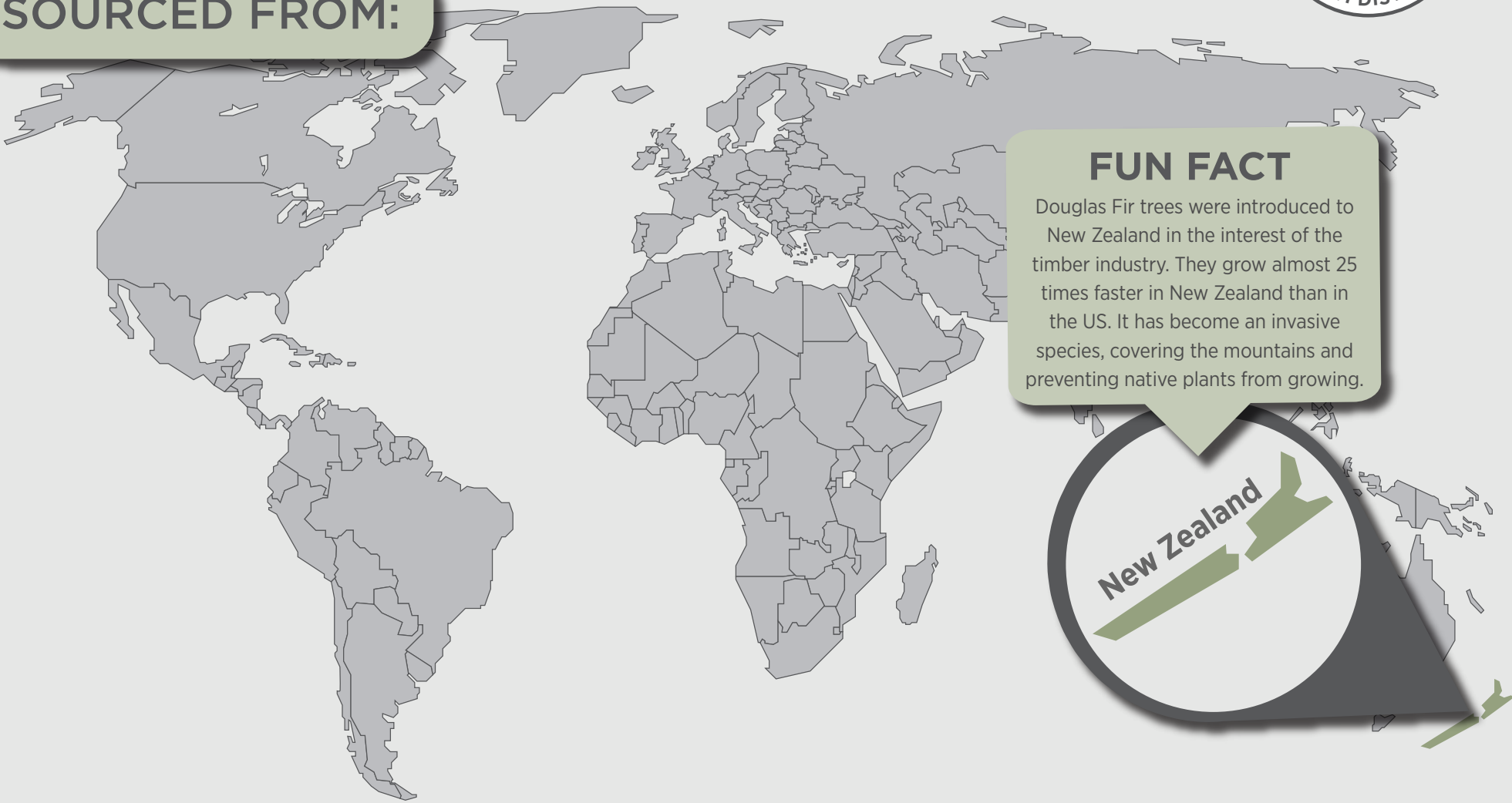


Douglas Fir



SOURCED FROM:



FUN FACT

Douglas Fir trees were introduced to New Zealand in the interest of the timber industry. They grow almost 25 times faster in New Zealand than in the US. It has become an invasive species, covering the mountains and preventing native plants from growing.

New Zealand

WHAT IT TAKES TO MAKE A BOTTLE:



1.2 LBS



It takes 1.2 lbs of douglas fir plant material to produce 5 mL of Douglas Fir essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of douglas fir are:

cleansing

calming

uplifting

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

593

Published studies on the benefits of β -pinene, the main chemical constituent in douglas fir

Numbers according to PubMed as of December 2017

FUN FACT

The Douglas Fir tree gets its name from David Douglas, a famous Scottish botanist. However, the tree's scientific name, *Pseudotsuga menziesii*, was named after Archibald Menzies, one of Douglas' rival botanists.

WORKS WELL WITH:

