

Douglas Fir

Pseudotsuga menziesii 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T N

Plant Part: Branch/Leaf

Extraction Method: Steam distillation

Aromatic Description: Clean, fresh, woody, airy

Main Chemical Components: -pinene, -pinene, -3-carene, sabinene

PRIMARY BENEFITS

- Promotes feelings of clear airways and easy breathing
- Cleansing and purifying to the skin
- Help promote a positive mood and sense of focus

PRODUCT DESCRIPTION

Douglas Fir is a conifer that grows natively throughout North America. This tall, evergreen fir tree is frequently used in the Christmas tree industry and has a lemon-scented note that's sweet and refreshing. dōTERRA Douglas Fir essential oil is sustainably sourced from young trees in New Zealand, where it is a highly invasive species threatening the country's ecosystem. By harvesting young Douglas Fir trees and using them for essential oil, dōTERRA is helping combat the environmental impact of the trees overtaking the land while providing a premium conifer essential oil. Douglas Fir has a unique chemical composition that's particularly rich in beta-pinene, contributing to its ability to promote feelings of clear airways. Douglas Fir can also be used to purify the skin and promote a positive mood. Blending Douglas Fir with citrus oils will create an uplifting environment while freshening the air.

USES

- Combine Douglas Fir with Wild Orange, Lemon, or Bergamot in a diffuser to freshen the air, uplift mood, and help promote a sense of focus
- Add 1 drop to facial cleanser, bar soap, or body wash for added cleansing benefits and an invigorating aroma
- Diffuse 2–3 drops Douglas Fir with 2–3 drops Eucalyptus, or rub into hands and inhale deeply to help promote feelings of clear airways and easy breathing
- Combine with 1–2 drops of Wintergreen for a relaxing massage experience

DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area.

Dilute with a carrier oil to minimize any skin sensitivity.

See additional precautions below.

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.

