

Siberian Fir

Abies sibirica 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A T N

Plant Part: Needle/Twig

Extraction Method: Steam distillation

Aromatic Description: Green, woody, fresh

Main Chemical Components: Bornyl acetate, Camphene, δ -3-Carene, α -Pinene

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SKU: 60222436

Primary Benefits

- + Creates a tranquil, positive space
- + Diffuse for a relaxing aroma
- + Use to help enhance a soothing massage

Description

The Siberian fir tree is a tall, light in color, conifer tree native to Russia and Canada. Siberian Fir essential oil has a refreshing, woody scent that is known for its calming and relaxing aroma. Siberian Fir has a unique chemical composition that is predominately bornyl acetate, which provides a majority of the 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.

Uses

- + After strenuous activity, massage into skin for soothing comfort.
- + Apply topically to skin to help soothe minor skin irritations.
- + Inhale deeply and experience the refreshing aroma.

Directions

Aromatic use: 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.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin