

BLACK SPRUCE

Picea mariana 5 mL

Balsamic, green, fruity, woody

Aromatic description

PRIMARY BENEFITS

- May provide soothing benefits to the skin
- Relaxing and calming aroma
- Refreshing and clear aroma

PRODUCT DESCRIPTION

Historically used by Native Americans for topical and spiritual practices, Black Spruce is a powerful wood essential oil. Distilled from the needles and branches of the *Picea mariana* tree, Black Spruce essential oil is high in bornyl acetate, a chemical component known for relaxation and calming properties.

Diffuse Black Spruce essential oil or apply it to the back of the neck throughout the day whenever you are searching for harmony and balance. Black Spruce essential oil is often used in aromatherapy for its invigorating, refreshing and clear aroma.

USES

- After strenuous activity, combine one to two drops of Black Spruce essential oil with Fractionated Coconut Oil and massage into the skin for a soothing and comforting massage.

- When working through difficult circumstances, try diffusing Black Spruce essential oil.
- Inhale throughout the day to experience the refreshing, clear aroma.

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 minimise any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. Possible skin sensitivity. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Branch/Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Bornyl acetate, α -pinene, camphene, -3-carene



Certified Pure Tested Grade

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