

SIBERIAN FIR

Abies sibirica 15 mL

Green, woody and fresh

Aromatic description

PRIMARY BENEFITS

- Soothe and comfort. After strenuous activity, massage into skin for a soothing effect.

SECONDARY BENEFITS

- Whether at home, work, or study, we are often faced with challenging circumstances. Siberian Fir's refreshing aroma may help promote a positive outlook.

TERTIARY BENEFITS

- The grounding aroma of Siberian Fir creates the perfect accompaniment to meditation or spiritual practices. Blends well with Bergamot, Cedarwood, Wild Orange and Geranium essential oils.

PRODUCT DESCRIPTION

The Siberian fir tree is a tall, light in colour, conifer tree native to European Russia and Canada.

Siberian Fir essential oil has a refreshing, woody scent that is known for its calming and relaxing aromas.

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.

When diffused, Siberian Fir essential oil can help promote a relaxing and grounding atmosphere.

USES

- After strenuous activity, dilute with a carrier oil and massage into skin for soothing comfort.
- When working through difficult circumstances at home or work, diffuse Siberian Fir to provide a calming aroma. Blends well with Bergamot, Cedarwood, Wild Orange and Geranium essential oils.
- Inhale deeply and experience the refreshing 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 to the right.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. 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: Needle/Twig

EXTRACTION METHOD:

Steam distillation

