

# SIBERIAN FIR

*Abies sibirica 15 mL*

## Balance

*Aromatic description: Green, woody and fresh*

*Balance the mind and soothe the body with Siberian Fir.*

Harvested from the pine needles of the magnificent Siberian fir tree. Native to Russia and Canada, Siberian Fir has a unique composition that contains high levels of bornyl acetate; it has a refreshing and woody scent and is known for its calming and grounding aroma.

### PRIMARY BENEFIT

Soothe and comfort.  
After strenuous activity, massage into skin for a soothing effect to help ease a tired and aching body.

### SECONDARY BENEFIT

Whether at home, work, or study, we are often faced with challenging circumstances. Siberian Fir's refreshing aroma helps calm anxious feelings and may promote a positive outlook.

### TERTIARY BENEFIT

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.

PLANT PART:  
Needle/Twig

EXTRACTION METHOD:  
Steam distillation

### DIRECTIONS FOR USE

**DIFFUSION:**  
Use three to four drops in a diffuser of your 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.  
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.



Certified Pure Tested Grade

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