

# Siberian Fir

*Abies sibirica* 15 mL

dōTERRA®

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

## PRIMARY BENEFITS

- Helps balance emotions and soothe anxious feelings
- Diffuse for a relaxing aroma
- Provides a soothing effect when used in massage

## PRODUCT 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 properties. Siberian Fir has a unique chemical composition that is predominately bornyl acetate, which provides a majority of the easing 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 can help promote feelings of easy breathing, while calming the emotions and providing a grounding effect.

## USES

- After strenuous activity, massage into skin for soothing comfort.
- When working through difficult circumstances at home, work, or school, diffuse Siberian Fir to help reduce stress.
- Apply topically to skin to help soothe minor skin irritations.
- 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 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.

