

# Siberian Fir

Nourishing Essential Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **T** | **N**

Plant Part: Needle/Twig

Extraction Method: Steam distillation

Aromatic Description: Green, woody, fresh

Main Chemical Components: Bornyl acetate,  
Camphene,  $\delta$ -3-Carene,  $\alpha$ -Pinene

## PRIMARY BENEFITS

- May help support healthy skin
- May be soothing to the skin
- Use to help enhance a soothing 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 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.

## DIRECTIONS FOR USE

**Topical use:** Mix 1-2 drops with 10 drops of dōTERRA Fractionated Coconut Oil for Skin Care and apply on desired areas for skin care, or mix with daily skin care regimen and apply on skin.

## 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.

