

Douglas Fir

Pseudotsuga menziesii 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Plant Part: Branch, leaf

Extraction Method: Steam distillation

Aromatic Description: Clean, fresh, woody, airy

Main Chemical Composition: β -pinene, α -pinene

Douglas Fir | *Pseudotsuga menziesii* 5 mL

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Primary Benefits

- + Cleanses the skin
- + Creates positive and inspiring surroundings
- + Provides a refreshing, airy aroma

Description

A conifer that is native to North America, Douglas Fir is a tall, evergreen fir tree frequently used in the Christmas tree industry and has a lemon-scented note that's sweet and refreshing. CPTG® Douglas Fir essential oil is sustainably sourced from young trees in New Zealand, where it is a highly invasive species threatening the country's ecosystem. By harvesting young Douglas Fir trees and using them for essential oil, dōTERRA is helping combat the environmental impact of the trees overtaking the land while providing a premium conifer essential oil. Douglas Fir has a unique chemical composition that's particularly rich in β -pinene, contributing to its ability to encourage an optimistic environment. Douglas Fir can also be used to cleanse the skin and surfaces. Blending Douglas Fir with citrus oils will create an uplifting environment while freshening the air.

Uses

- + Diffuse to freshen the air.
- + Add one drop to facial cleanser, bar soap, or body wash for added cleansing benefits.
- + Rub into hands and inhale deeply for an inspiring aroma.
- + Combine with carrier oil for a relaxing massage experience.

Directions

Aromatic use: 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.