**PRODUCT DESCRIPTION**

Douglas Fir is a conifer that grows natively throughout North America. This tall, evergreen fir tree is frequently used in the Christmas tree industry and has a lemon-scented note that’s sweet and refreshing. dōTERRA 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 and stimulating environment. Douglas Fir can also be used to purify the skin and surfaces. Blending Douglas Fir with citrus oils will create an uplifting environment while freshening the air.

**USES**

- Combine Douglas Fir with Wild Orange, Lemon, or Bergamot in a diffuser to freshen the air.
- Add one drop to facial cleanser, bar soap, or body wash for added cleansing benefits and an invigorating aroma.
- Diffuse one to two drops Douglas Fir with one to two drops Eucalyptus, or rub into hands and inhale deeply.
- Combine with one to two drops of Wintergreen for a relaxing massage experience.

**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.