**Siberian Fir**

*Abies sibirica* 15 mL

---

**PRODUCT INFORMATION PAGE**

**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.
- Inhale deeply and experience the refreshing aroma.

**DIRECTIONS FOR USE**

**Diffusion:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in four fluid ounces of liquid.

**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.

---

**APPLICATION:**

- **Plant Part:** Needle/Twig
- **Extraction Method:** Steam distillation
- **Aromatic Description:** Green, woody, fresh
- **Main Chemical Components:** Bornyl acetate, Camphene, δ-3-Carene, α-Pinene

---

**PRIMARY BENEFITS**

- Creates a tranquil, positive space
- Diffuse for a relaxing aroma
- Use to help enhance a soothing massage

---

**Siberian Fir**

*Abies sibirica* 15 mL

- Part Number: 60203125
- Wholesale: $20.00
- Retail: $26.67
- PV: 20

---

©2019 doTERRA Holdings, LLC  Siberian Fir PIP US  012721A