

# Balsam Fir

*Abies balsamea* 5 mL

dōTERRA®

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A T S

**Plant Part:** Wood

**Extraction Method:** Steam distilled

**Aromatic Description:** Fresh, woody, balsamic

**Main Chemical Composition:**  $\alpha$ -pinene,  $\beta$ -pinene

**Balsam Fir | *Abies balsamea* 5 mL**

**60210331**

## Primary Benefits

- + Creates a grounding and energizing environment
- + Freshens body and home
- + Provides a fresh, woody aroma to an after workout massage

## Product Description

Beyond the magic of Christmas trees and rolling pine forests, balsam firs are majestic in nature and produce a warming, refreshing essential oil. Native Americans first used balsam fir for ritual and wellness purposes. Native to North America, balsam fir evergreen trees tower over 80 feet in height and produce needle-like leaves. Primarily used for pulp and construction, the balsam fir tree does not respond well to urban pollution and is not plentiful in cities, preferring to grow in the woods where the air is fresh and clean. CPTG® Balsam Fir essential oil is steam distilled from the bark of the tree, producing a fresh, woody aroma.  $\alpha$ -pinene, a main constituent in the oil, may help to create an uplifting atmosphere. Another chemical constituent of Balsam Fir,  $\beta$ -pinene, may be effective in soothing the skin when applied topically as part of a calming massage. This brilliant essential oil enlivens, awakens, and energizes the atmosphere. Inhaling the majestic aroma is sure to bring memories of the holidays.

## Uses

- + Diffuse in any room to provide a refreshing, grounding, forest-like atmosphere.
- + Use 2-3 drops with Fractionated Coconut Oil for an invigorating massage.
- + Add 2-3 drops to a warm Epsom salt bath.
- + Include a drop in a body wash for added cleansing benefits and a refreshing aroma.

## Directions

**Aromatic use:** Add 3-4 drops to the diffuser of your choice.

**Topical use:** Apply 1-2 drops to the desired area. Dilute with a carrier oil to minimize any skin sensitivity.

See additional cautions 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 Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

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