

Balsam Fir Essential Oil

Fresh
Evergreen-Tree
Scent

Excellent for
Holiday Blends

Soothing on
Tired Muscles

Clearing and
Cool as a
Chest Rub

Balances
Emotions

Echoes the
Calming Peace
of Nature

Product Details

Botanical Name: Abies balsamea
Country of Origin: Canada
Extraction Method: Steam Distilled
Plant Part: Needles
Strength of Aroma: Medium
Cautions: None Known
KidSafe: Yes



Description

Balsam Fir oil is steam distilled from the needles of balsam fir trees. It has a distinctively woody aroma that conjures up the scent of the great outdoors as well as the winter holiday season. While Balsam Fir makes a wonderful addition to holiday blends, it also has many year-round uses. With an uplifting yet soothing effect, Balsam Fir is an excellent oil for calming muscles and joints after a long day or intense workout. When diffused or applied topically to the chest, this oil can help support a healthy respiratory system. Additionally, Balsam Fir is cherished by many for its emotionally balancing effects.

Directions

For muscle relief after strenuous exercise, dilute to 2-5% in a carrier oil of your choice and massage into the affected areas. Alternatively, you can add a few drops to your favorite unscented lotion. For respiratory distress, diffuse Balsam Fir oil, apply diluted to your chest or add a few drops to a warm bath.

Blends Well With

Black Pepper, Cajeput, Cedarwood, Citronella, Eucalyptus, Frankincense, Ginger, Juniper Berry, Lavender, Lemon, Niaouli, Peppermint, Pine, Rosemary, Spruce, and Tea Tree

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