

*The Mystic Owl Apothecary*  
*Essential Oil Profile Sheet*

**Fir Needle (Siberian) Essential Oil**

Botanical Name: *Abies siberica*

Plant Part: Needles

Origin: Russia

Processing Method: Steam Distilled

Color: Colorless to pale yellow clear liquid.

Consistency: Medium

Note: Middle

Strength of Aroma: Strong

Aromatic Scent: Very fresh, balsamic, sweet, light yet powerful evergreen/coniferous aroma with a unique fruity-balsamic undertone and a crisp, dry, pine-like top note; has a tenacious dry down.

Blends well with: Basil, Balsam of Peru, Bergamot and other citrus oils, Caraway, Cedarwood, Cistus, Cypress, other Fir needle oils, Frankincense, Juniper, Lavandin, Lavender, Myrtle, Niaouli, Oakmoss, Patchouli, Pine, Rosemary

Common Uses:

Airborne antimicrobial, Analgesic, Anti-inflammatory, Antispasmodic, Decongestant, Deodorant, Expectorant, metabolism booster, antiseptic

Cautions:

Reported to be non-toxic, non-irritating and non-sensitising. The German Commission E Monographs state that fir is contra-indicated for bronchial asthma and whooping cough as it increases bronchial spasms.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

