

The Mystic Owl Apothecary
Essential Oil Profile Sheet

Fir Needle (Balsam) Essential Oil

Botanical Name: *Abies balsamea*

Plant Part: Needles

Origin: Canada

Processing Method: Steam Distilled

Color: clear, clear to pale yellow liquid

Consistency: thin

Note: Middle

Strength of Aroma: Strong

Aromatic Scent: Fir Balsam Essential Oil has the crisp, clean scent of fir balsam needles

Blends With: Benzoin, Black Pepper, Cajeput, Cedarwood, Citronella, Eucalyptus Globulus, Frankincense Serrata, Ginger Root CO2, Juniper Berry, Lavender, Lemon, Myrrh, Niaouli, Peppermint Western US, Pine, Rosemary, Spruce, Tea Tree

Common Uses:

Supporting a healthy respiratory system. Use for soothing muscles. Antibacterial. Insect repellent, Hemorrhoids, Burns, Sores, Cuts, Tumors, Chest pains, Cancer, Inflammation. (Web MD).

Cautions:

Not for use on Children under 2 years.

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.

