

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

**Pine (Scotch) Needle Essential Oil**

Botanical Name: *Pinus sylvestris* L.

Plant Part: Needles, twigs, and buds

Origin: Hungary

Processing Method: Steam Distilled

Color: Clear

Consistency: Medium

Note: Middle

Strength of Aroma: Medium/strong

Aromatic Scent: Fresh, woody, crisp pine-like resinous

Blends With:

Citronella, Clary Sage, Coriander, Cypress, Eucalyptus, Frankincense, Juniper, Lavender, Myrrh, Rosemary, Spikenard and Tea Tree.

Common Uses:

Colds, coughing, flu, rheumatism, sinusitis.

Cautions:

Tisserand and Young do not indicate any special precautions when using Scotch Pine Essential Oil.

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.

