



Name	Latin Name	Origin
Scotch Pine	Pinus sylvestris	France
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$11	
Part of plant	Safety note	Conservation Status
Needles, twigs	If sensitive, may cause skin irritation. In this case, use in low dilution (5-6 drops per ounce of carrier) when applying to the skin, such as in bath or massage oils.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
<ul style="list-style-type: none"> • Monoterpene rich 	<ul style="list-style-type: none"> • Antibacterial • Antimicrobial • Antiviral • Antiseptic • Anti-inflammatory • Antirheumatic • Antispasmodic • Decongestant • Expectorant • Useful in an inhaler blend or for steams, especially if the sinuses are inflamed and congested • Helpful as a decongestant for the lungs, sinuses, and head • Used for allergies, colds, flu, and sinus infections • Emotionally Scotch pine essential oil calms and supports one's inner being. This essential oil is soothing when one is dealing with anger and frustration and can help transition to a more pleasant frame of mind.

Synergy	Energetics
<p>Synergy 1 □-Pinene, □-pinene (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antispasmodic, antiviral, anxiolytic, chondroprotective, gastroprotective, sleep enhancement).</p> <p>Synergy 1 Primary Combinations balsam fir, cypress, Douglas pine, galbanum, juniperberry, kanuka, labdanum, myrtle, ponderosa pine, red pine, rhododendron, white pine.</p> <p>Synergy 1 Secondary Combinations</p>	

angelica root, black pepper, black pine, black spruce, blackcurrant bud, combava peel, dwarf pine, fragonia, lemon, rosemary ct bornyl acetate .

Synergy 2

β-3-Carene, phellandrene, α-cadinene, camphene, limonene, bornyl acetate, α-myrcene (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antioxidant, anxiolytic, mucolytic, cholinesterase inhibitor, expectorant, immunostimulant, relaxing, skin penetration enhancer, stimulant of autophagy, vasorelaxant).

Synergy 2 Primary Combinations

Douglas fir, elemi, hemlock, hinoki .

Synergy 2 Secondary Combinations

bergamot, goldenrod, grapefruit, hops, lemongrass, palo santo, rosemary ct myrcene, valerian, yuzu.

Traditional Synergy Therapeutic Potential (Psychological)

Anxiety, poor quality sleep: balsam fir, hemlock, lavender, lemon, sweet marjoram, thyme

Cognitive enhancement, mental fatigue: balsam fir, black spruce, Colorado fir, Douglas fir, fennel, frankincense, grapefruit, hemlock, juniperberry, lemon, lime, palo santo, petitgrain bigarade, rosemary, spike lavender, Siberian fir.

Traditional Synergy Therapeutic Potential (Physical)

Aerial disinfection: bergamot mint, dwarf pine, E. staigeriana, manuka, niaouli, juniperberry, hemlock, lime, red pine, sweet orange, thyme CT linalool, thyme CT thymol, white pine

Musculoskeletal inflammation, pain, arthritis: Atlas cedarwood, balsam fir, black pepper, black spruce, Douglas fir, frankincense, ginger, juniperberry, lavender, lemongrass, myrrh, nutmeg, plai, red pine, rosemary, thyme ct linalool, rhododendron, sweet marjoram, Utah juniper, white spruce

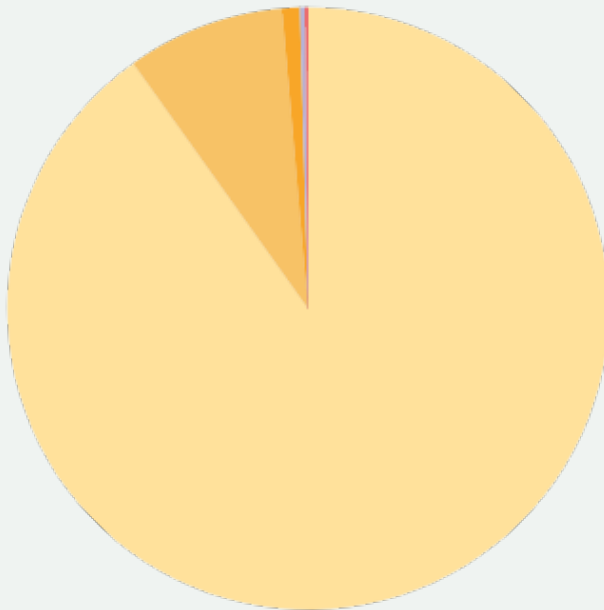
Respiratory inflammation, cough, colds, 'flu, rhinitis, sinusitis: Atlas cedarwood, balsam fir, Colorado fir, combava peel and leaf petitgrain, cypress, E. globulus, E. polybractea, E. radiata, E. smithii, fragonia, frankincense, galbanum, hemlock, juniperberry, kunzea, lemon, niaouli, ravintsara, rhododendron, rosalina, rosemary ct cineole, Siberian fir, spike lavender, sweet marjoram, sweet orange, saro

References

Rhind JP. (2019) Essential Oils 3rd Edition. London: Singing Dragon
 Tisserand R, Young R. (2014) Essential Oil Safety 2nd Edition. Edinburgh: Churchill Livingstone

Scent Notes	Psychological rankings	Physical rankings	
Top	Meditative	1 Immune/Infection	1
	Energising	3 Respiratory	3
		Urinary	1

Ingredient notes



Chemical families

monoterpenes	89.13%
sesquiterpenes	8.39%
monoterpenols	0.94%
esters	0.28%
sesquiterpenols	0.15%

Complete chemical breakdown

monoterpenes

α-pinene	40.69%
β-pinene	32.14%
β-myrcene	4.19%
d-limonene	3.91%
camphene	3.38%
ocimene	1.01%
β-phellandrene	1%
β-ocimene	0.91%
tricyclene	0.69%
terpinene	0.41%
terpinolene	0.41%
d-3-carene	0.21%

sesquiterpenes

β-caryophyllene	2.06%
d-cadinene	1.75%
germacrene d	1.63%
γ-cadinene	0.71%
α-murolene	0.46%
murolene	0.46%
γ-murolene	0.36%
α-humulene	0.34%
bicyclogermacrene	0.31%
β-copaene	0.11%
copaene	0.11%
cadinene	0.09%

sabinene	0.1%
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α -thuyene	0.06%
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santene	0.02%
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monoterpenols

α -terpineol	0.85%
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terpinen-4-ol	0.09%
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sesquiterpenols

spathulenol	0.15%
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esters

bornyl acetate	0.24%
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terpinyl acetate	0.04%
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