



Name	Latin Name	Origin
Silver Fir	Abies Alba	Albania
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$18	
Part of plant	Safety note	Conservation Status
Needles		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"> • Airborne antimicrobial • Analgesic • Antibacterial • Antiviral • Anti-inflammatory • Antispasmodic • Decongestant • Deodorant • Expectorant • Immunostimulant • Allergies and sinus • Effective oil to use in a steam blend when you feel like you might be coming down with a cold or flu. • Emotionally, Silver Fir essential oil increases positive energy and can also help promote a stronger self-confidence.

Synergy	Energetics
<p>Synergy 1 Bornyl acetate (analgesic, anti-inflammatory, antioxidant, relaxing, promotes alertness - low doses, sedative - higher doses).</p> <p>Synergy 1 Primary Combinations black spruce, Douglas fir, goldenrod, hemlock, red spruce, rosemary ct bornyl acetate .</p> <p>Synergy 1 Secondary Combinations dwarf pine, Norwegian spruce.</p> <p>Synergy 2 Camphene, α-pinene, β-3-carene, l-limonene and β-phellandrene (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antioxidant, anti-</p>	

spasmodic, anxiolytic, cholinesterase inhibitor, chondroprotective, expectorant, gastroprotective, mucolytic, hypolipidemic, protective against oxidative stress – alveoli, protective and therapeutic potential in inflammatory lung disease, sleep enhancement, wound healing) .

Synergy 2 Primary Combinations

angelica root, black pepper, cistus, cypress, fragonia, juniperberry, kanuka, rhododendron, Scots pine, white spruce .

Synergy 2 Secondary Combinations

blackcurrant bud abs., galbanum, ponderosa pine, red pine .

Traditional Synergy Therapeutic Potential (Psychological)

Mental fatigue: black pepper, black spruce, Douglas fir, dwarf pine, hemlock, lemon, Norwegian spruce, red spruce, rosemary ct bornyl acetate

Stress and anxiety: bergamot, blackcurrant bud, cistus, cypress, dwarf pine, lemon, ponderosa pine, red pine, Scots pine.

Traditional Synergy Therapeutic Potential (Physical)

Musculoskeletal inflammation and pain: angelica root, black pepper, black spruce, galbanum, goldenrod, hemlock, juniperberry, rosemary, Scots pine, spike lavender

Respiratory inflammation and congestion: cypress, black spruce, Douglas fir, dwarf pine, fragonia, goldenrod, hemlock, Norwegian spruce, ponderosa pine, red pine, red spruce, rhododendron, rosemary ct bornyl acetate, Scots pine, white spruce

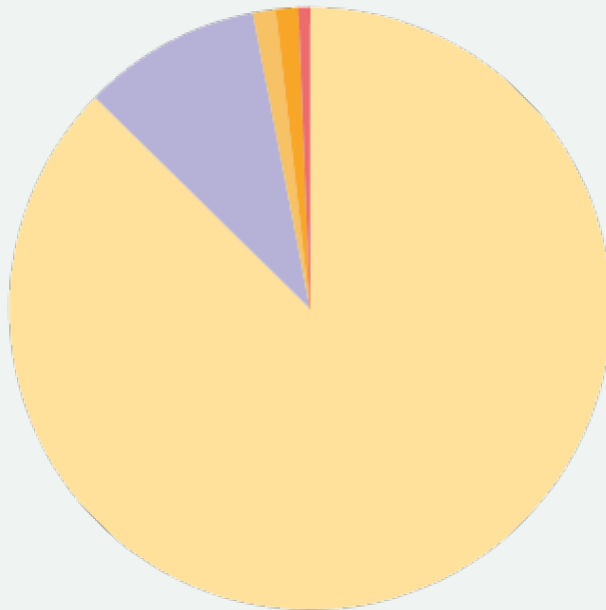
References

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	2 Immune/Infection	1
	Energising	3 Respiratory	3

Ingredient notes



Chemical families

monoterpenes	84.53%
esters	9.28%
sesquiterpenes	1.19%
monoterpenols	1.17%
sesquiterpenols	0.6%

Complete chemical breakdown

monoterpenes

b-pinene	24.05%
d-limonene	20.44%
camphene	15.13%
α-pinene	14%
b-phellandrene	4.09%
santene	2.07%
tricyclene	1.96%
b-myrcene	1.26%
α-thuyene	0.98%
terpinolene	0.55%

sesquiterpenes

b-caryophyllene	0.61%
-----------------	-------

esters

bornyl acetate	8.89%
terpinyl acetate	0.39%

monoterpenols

α-terpineol	0.75%
-------------	-------

α -humulene	0.37%
--------------------	-------

α -farnesene	0.21%
---------------------	-------

sesquiterpenols

eudesmol	0.6%
----------	------

borneol	0.42%
---------	-------
