

Pine

PINUS SYLVESTRIS

Although *Pinus Sylvestris* (or Scotch Pine) is considered the safest for use in aromatherapy, there are many varieties of pine essential oil. Its fresh, forest-like aroma is refreshing and cleansing, particularly for respiratory ailments.

COUNTRY OF ORIGIN

Europe, Asia

EXTRACTION METHOD

Dry distillation

PLANT PART

Needles

BOTANICAL FAMILY

Pinaceae

CHEMICAL FAMILY

Monoterpene hydrocarbons (50-90%)

AROMA

Strong, fresh, woody, balsamic scent

NOTE

Middle

SAFETY

- Should be used in moderation
- May irritate the skin and mucous membranes
- Avoid using on sensitive skin

For respiratory conditions, use pine in an inhaler to relieve catarrh and congestion. A low dosage should be used to prevent irritation of the mucous membranes. Pine may also be diffused or applied topically.

THERAPEUTIC PROPERTIES

Pine is a great oil for arthritis pain, colds, congestion, and other respiratory issues.

ANTIMICROBIAL	ANTI-RHEUMATIC	ANTISEPTIC
ANTIVIRAL	BACTERICIDAL	CHOLAGOQUE
DEODORANT	DIURETIC	EXPECTORANT
HYPOTENSIVE	INSECTICIDAL	RESTORATIVE
RUBEFACIENT	STIMULANT	VERMIFUGE
ANTI-INFLAMMATORY	WARMING	ANTISPASMODIC
DECONGESTANT		

BODY SYSTEMS

CIRCULATORY

BOOSTS CIRCULATION

INTEGUMENTARY

CUTS, SORES & LICE

LIMBIC

STRESS & MENTAL FATIGUE

MUSCULAR

ARTHRITIS & RHEUMATISM

RESPIRATORY

ASTHMA, BRONCHITIS & SINUSITIS



BODY SYSTEMS (CONT.)

URINARY

CYSTITIS & URINARY INFECTIONS

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