

# Siberian Fir

ABIES SIBIRICA

Siberian Fir essential oil has a clean, refreshing scent that is perfect for diffusing. It can also be used topically, diluted with a carrier oil. Siberian Fir has traditionally been used to help support the respiratory system. Additionally, this oil boosts energy levels, improves circulation, and reduces inflammation.

COUNTRY OF ORIGIN	Russia, Canada
EXTRACTION METHOD	Steam Distillation
PLANT PART	Needles
BOTANICAL FAMILY	Pinaceae
CHEMICAL FAMILY	Esters, Monoterpens
AROMA	Fresh, woody
NOTE	Top

## SAFETY

- Avoid use during pregnancy and breast feeding.
- Avoid use with Asthma, might make asthma worse.
- Avoid use with Pertussis (whooping cough): May make pertussis worse.

## THERAPEUTIC PROPERTIES

Siberian Fir essential oil has a wide range of therapeutic properties. These include analgesic, anti-inflammatory, antispasmodic, decongestant, expectorant, and sedative effects. It is also effective in treating bronchitis, colds, coughs, and sinusitis. Siberian Fir essential oil is also valuable for reducing stress and anxiety.

ANTI-INFECTIOUS	ANTISEPTIC	MUCOLYTIC
RUBEFACIENT	ANTI-INFLAMMATORY	ANTI-RHEUMATIC
CIRCULATORY STIMULANT	DISINFECTANT	EXPECTORANT

## BODY SYSTEMS

CIRCULATION

WOUNDS, INFECTION, INFLAMMATION

DIGESTIVE

AIDS WITH DIGESTION

IMMUNE

HELPS WITH IMMUNE SUPPORT

MUSCULAR

ACHING MUSCLES

ENDOCRINE

EMOTIONAL BALANCE, ANXIETY, RELAXING



## BODY SYSTEMS (CONT.)

### RESPIRATORY

### RESPIRATORY ISSUES

#### REFERENCES:

1. EVIDENCE-BASED ESSENTIAL OIL THERAPY, DR. SCOTT A. JOHNSON, 2015, SCOTT A. JOHNSON PROFESSIONAL WRITING SERVICES, LLC
2. MODERN ESSENTIALS, A CONTEMPORARY GUIDE TO THE THERAPEUTIC USE OF ESSENTIAL OILS, SEVENTH EDITION 2015, AROMA TOOLS
3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
4. NAHA [HTTPS://NAHA.ORG/EXPLORE-AROMATHERAPY/SAFETY/GENERAL-SAFETY-GUIDELINES](https://naha.org/explore-aromatherapy/safety/general-safety-guidelines)
5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS