

Silver Fir

ABIES ALBA

The Fir is best known as the “Christmas tree” and is used mainly as timber. Its small, coniferous shape, like a pyramid and silvery-white bark, traces back to ancient biblical times as the “balm of Gilead.” In North America, the Native American people use its resin for medicinal purposes and spiritual rituals. Today, massage therapists use it to assist client’s muscular systems and nervous systems.

COUNTRY OF ORIGIN

Switzerland, Poland, Germany, France, Austria, Russia, United States and Canada.

EXTRACTION METHOD

Steam Distillation

PLANT PART

Needles, Twigs and Cones

BOTANICAL FAMILY

Pinaceae

CHEMICAL FAMILY

Monoterpenes

AROMA

Outdoorsy, Balsamic, Piney, Woodsy

NOTE

Top-Middle

SAFETY

- Safe during entire pregnancy.
- Non-toxic, non-irritating, and non-sensitizing.

This oil is considered non-toxic, non-irritating. To avoid sensitization, use at low dilution when applying to the skin.

THERAPEUTIC PROPERTIES

Silver Fir offers support to the immune system as an anti-infectious, antiviral, and expectorant oil. Other benefits include using it for reducing cellulite, edema, poor circulation, and muscular cramps.

ANALGESIC	ASTRINGENT	TONIC
ANTIFUNGAL	DEODORANT	ANTI-MICROBIAL
ANTIRHEUMATIC	DIURETIC	ANTIBACTERIAL
ANTIVIRAL	INSECTICIDE	EXPECTORANT
ANTISEPTIC	RUBEFIACIENT	IMMUNOSTIMULANT
ANTISPASMODIC	STIMULANT (CIRCULATORY)	ANTI-ALLERGIC

BODY SYSTEMS

CIRCULATORY

CIRCULATION ISSUES

IMMUNE

COLDS & FLU

LIMBIC

STRESS & FOGGY MIND

MUSCULAR

PAIN & SORE MUSCLES, MUSCLE FATIGUE & REGENERATION, BURSITIS & RHEUMATICA

RESPIRATORY

ASTHMA & SINUSITIS, AIRBORNE PATHOGENS, BRONCHITIS & CONGESTION



BODY SYSTEMS (CONT.)

URINARY

URINARY INFECTION & EDEMA

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