



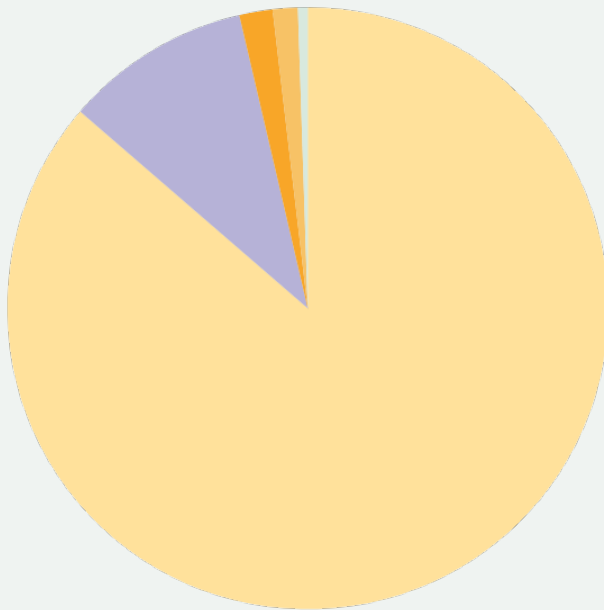
Name	Latin Name	Origin
Balsam Fir	Abies Balsamea	Canada
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$22.5	
Part of plant	Safety note	Conservation Status
Needles and twigs	May cause skin irritation in those with sensitive skin. In this case, use in low doses (5-6 drops per ounce of base).	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"> • Analgesic • Anti-inflammatory • Anti-bacterial • Antirheumatic • Antispasmodic • Decongestant • Rubefacient • Excellent oil for calming muscles and joints • When diffused or applied topically to the chest, this oil can help support a healthy respiratory system • Encouraging healthy nasal function or to inhibit the growth of daily viruses • Encourage healthy blood circulation • Ideal when treating rheumatic pains and aches • Emotionally balsam fir stabilizes and uplifts • Supportive during times of both physical and emotional transformation

Synergy	Energetics
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Scent Notes	Psychological rankings	Physical rankings
Top middle	Meditative	2 Respiratory 3
	Energising	3

Ingredient notes



Chemical families

monoterpenes	85.44%
esters	9.9%
monoterpenols	1.77%
sesquiterpenes	1.33%
ketones	0.52%

Complete chemical breakdown

monoterpenes

b-pinene	32.54%
d-3-carene	14.29%
α -pinene	13.08%
d-limonene	7.53%
b-phellandrene	6.22%
camphene	5.67%
b-myrcene	1.85%
santene	1.37%
terpinolene	1.24%
tricyclene	0.79%
γ -terpinene	0.28%
α -thuyene	0.2%

esters

bornyl acetate	9.9%
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α-terpinene	0.17%
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p-cymene	0.14%
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sabinene	0.07%
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monoterpenols

α-terpineol	1.18%
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terpinen-4-ol	0.3%
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borneol	0.29%
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ketones

piperitone	0.23%
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camphor	0.17%
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fenchone	0.12%
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sesquiterpenes

β-bisabolene	0.4%
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β-caryophyllene	0.32%
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longifolene	0.21%
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α-humulene	0.18%
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α-santalene	0.11%
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selinene	0.11%
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