



Name	Latin Name	Origin
Siberian Fir	Abies sibirica	Russia (Western Siberia)
Material Type	Benchmark price per 15ml	Botanical Family
Essential Oils	\$12	
Part of plant	Safety note	Conservation Status
Cones, needles	Non-toxic, but may cause sensitization if the oil is older and oxidized, resulting in contact dermatitis and eczema. Avoid old and oxidized oils. Be cautious on a sensitive skin or mucous membranes.	No status of concern Not listed with a conservation status.

Profile	Therapeutic Properties
•Monoterpene rich	<ul style="list-style-type: none"> •Airborne antimicrobial •Analgesic •Antibacterial •Anti-stress •Anti-inflammatory •Antispasmodic •Decongestant •Deodorant •Expectorant •Emotionally and energetically, Siberian fir essential oil increases positive energy and can also help promote a stronger self-image and improve acceptance when facing difficult times or important decisions.

Synergy	Energetics
<p>The interaction or cooperation of two or more substances to produce a combined effect greater than the sum of their separate effects.</p> <p>1st component synergy Bornyl acetate (analgesic, anti-inflammatory, antioxidant, relaxing, promotes alertness - low doses, sedative - higher doses)</p> <p>1st essential oil synergy combinations black spruce, Douglas fir, goldenrod, hemlock, red spruce, rosemary ct bornyl acetate</p> <p>2nd essential oil synergy combinations dwarf pine, Norwegian spruce</p>	

2nd component synergy

Camphene, α -pinene, β -3-carene, l-limonene and β -phellandrene (analgesic, antibacterial, antifungal, anti-inflammatory, antinociceptive, antioxidant, anti-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)

1st essential oil synergy combinations

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

2nd essential oil synergy combinations

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

Potential psychological therapeutic solutions

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"

Potential psychological therapeutic solutions

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.

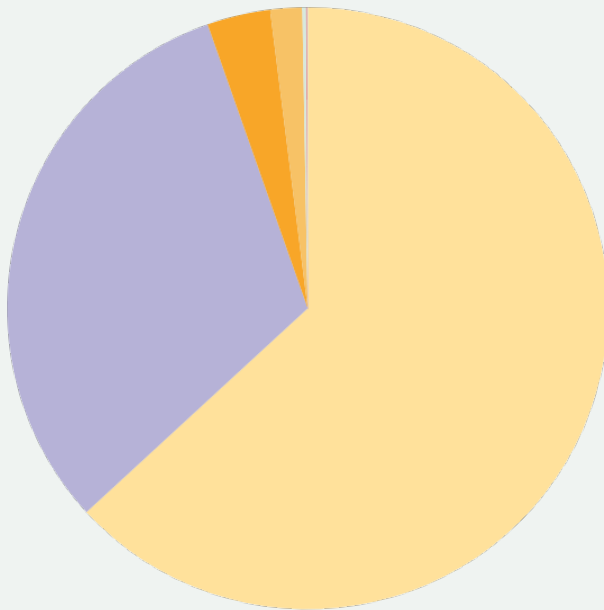
References

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	
	Meditative	3	Circulatory/Lymphatic 2
	Balancing	1	Respiratory 1
	Sensual	2	Skin 3

Ingredient notes



Chemical families

monoterpenes	61.13%
esters	30.42%
monoterpenols	3.29%
sesquiterpenes	1.66%
ketones	0.2%
sesquiterpenols	0.04%
aldehydes	0.04%

Complete chemical breakdown

monoterpenes

camphene	23.13%
α -pinene	10.37%
d-3-carene	7.99%
limonene	5.38%
β -phellandrene	5.1%
β -pinene	2.83%
santene	2.37%
tricyclene	2.31%
terpinolene	0.91%
β -myrcene	0.65%
p-cymene	0.08%
sabinene	0.01%

esters

bornyl acetate	30.35%
neryl acetate	0.07%

monoterpenols

borneol	3.26%
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geraniol	0.02%
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linalool	0.01%
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ketones

camphor	0.15%
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cryptone	0.04%
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pinocamphone	0.01%
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aldehydes

myrtenal	0.02%
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neral	0.02%
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sesquiterpenes

b-caryophyllene	0.92%
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α -humulene	0.54%
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longifolene	0.11%
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ledene	0.07%
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ylangene	0.02%
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sesquiterpenols

nerolidol	0.04%
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