



Canadian Fir Essential Oil

DESCRIPTION: Stimulate the senses with this woody aroma. Diffuse this calming and grounding oil for feelings of empowerment and stability.

TOP AROMATHERAPY BENEFITS: stability • calm • empower

AROMA: Woody & Crisp

BLENDS WITH: Cedarwood, Rosemary, Wintergreen

INGREDIENTS: Abies balsamea (balsam canada) needle oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a stabilizing and empowering aromatherapy experience.

Air Freshener

Add a few drops to a spray bottle filled with distilled water, shake well and spritz.

Clear the Air

Diffuse to encourage mindful breathing.

Gentle Massage

Combine with peppermint and a carrier oil and rub on sore muscles and joints.

Use Before Bed

Add a few drops to carrier oil and apply to feet at bedtime to promote calming feelings.

Cleanse Body Odors

Add a few drops to a warm bath for an odor-cleansing soak.

Clean Sweaty Clothes

Add 10-15 drops per gallon of water and soak gym clothes and sports gear before adding to washing machine.

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute at a 1 to 1 ratio with carrier oil to use topically.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Surface Cleaner

To a spray bottle add 15 drops of Canadian fir oil, 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

Wood Polish

Combine 10 drops essential oil with 2 tablespoons grated beeswax, and 8 tablespoons olive oil. Place ingredients in a glass jar and put in 2 inches hot water and stir until melted (do not boil).

Floor Cleaner

Create a DIY floor cleaner by adding 1/2 cup warm water, 1/4 cup white vinegar, 1 teaspoon liquid dish soap and 10-15 drops Canadian fir oil to a spray bottle.

Daily Shower Spray

In a spray bottle add 1 cup of water, 1 tablespoon liquid Castille soap, 5 drops Canadian fir oil and 5 drops eucalyptus oil. Use after showering on tile and glass.

DIY AROMATHERAPY BLENDS:

Down to Earth:

Canadian Fir + Cedarwood + Clove

Fresh & Clean: Canadian Fir + Orange

Harmony: Canadian Fir + Lavender + Patchouli

Holiday Season: Canadian Fir + Cinnamon + Orange

Mountain Air: Canadian Fir + Cedarwood + Peppermint

Purify: Canadian Fir + Rosemary

Comfort: Canadian Fir + Ginger

Stability: Canadian Fir + Cedarwood + Oregano

Young & Fresh: Canadian Fir + Citrus Boost + Grapefruit