



## Birch

*Betula Lenta*

Birch essential oil has been known for its unique properties, but it is extremely hard to find. Spark Naturals is excited to provide our customers with 100% pure Birch Essential Oil from Canada.

Size: 5ml

Size: 15ml

**APPLICATION METHOD:** Can be used aromatically - Can be used topically (Apply Neat)

### Primary Benefits

Pure Birch oil contains 99% methyl salicylate, which has a cortisone-like quality as it reduces discomfort in the muscles, bones, and joints. Spark Naturals Birch Essential Oil has been tested by a third party qualified lab and our oil has been found to be some of the purest available.

### Directions for use

**Diffusion:** add 4 to 6 drops in a diffuser up to 2 times a day.

**Topical use:** Birch is generally safe to use without dilution but for pre caution dilute one drop to with carrier oil and apply to desire area.

### Cautions

People with epilepsy should avoid this oil because it has high concentration of methyl salicylate. This oil should also be avoided by during pregnancy. Test a small sample on your skin before using this oil topically.

### Aromatic Description

Sharp, minty, fresh; similar to wintergreen

### Collection Method

Steam Distilled

### Plant Part

Pulverized Bark

### Main Constituents

salicylic acid, methyl salicylate, betulene and betulenol.

#### Description

Used extensively in massage oils to help muscular aches and pains. It has also been used pains related to arthritis, rheumatism, cramps, and tendinitis. Birch is also used as an anti-inflammatory.

### Uses

- Massage Oil by adding a drop to your massage oil and rub into fatigued muscles and areas.
- In a diffuser, add Birch oil add 4-6 drops to eliminate heavy air and emotions in order to create an aroma and atmosphere that promotes mental clarity and cheer.
- Combine birch with helichrysum in a carrier oil for a potent soothing blend.
- Add a drop or two to a warm bath and enjoy a soothing soak.

### Properties

Analgesic, Anti Spasmodic, Anti Septic & Disinfectant, Anti Rheumatic, Anti Arthritic, Astringent, Detoxifier, Depurative, Germicide & Insecticide, Febrifuge