



White Fir

Abies Alba Essential Oil

Famously known as the “Christmas Tree,” White Fir essential oil is known for promoting feelings of stability, strength, personal empowerment, and peace.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used aromatically

Primary Benefits

Aids in digestion, promotes strength and promotes feelings of self confidence and stability, aids in feelings of calm and relaxation, promotes action and energy.

Directions for Use

Diffusion: Use three to four drops in a diffuser

Topical use: Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult with your physician before using.

Always avoid contact with eyes.

Aromatic Description

Clean, woody, crisp

Collection Method

Steam Distillation

Plant Part

Needle

Main Constituents

Limonene, pinene, borne acetate

Description

White Fir brings about a feeling of security and peace. When diffused or inhaled, White Fir can promote feelings of self confidence and courage to take on your goals. It also supports feelings of calm and relaxation. It is a great oil to diffuse in your home as well as massage into skin after exercise or strenuous activity, as it brings comfort to the mind and body.

Uses

- Start you day with 2 drops in your palms and inhaling deeply to promote a strong sense of self
- Add to carrier oil and massage into skin for relief from strenuous activity and soothing comfort
- Diffuse to promote energy and action
- Diffuse for a wonderful holiday scent

Properties

Analgesic, Anticatatarrhal, Antiseptic, Anti arthritic, Stimulant

**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.*



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