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

APPLYTION 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 your 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, Anticatarrhal, 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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