



Hemlock (*Tsuga*) Essential Oil



Botanical Name	<i>Tsuga canadensis</i>
Botanical Family	Pinaceae
Aka	Tsuga, Eastern Hemlock, or Spruce Hemlock
Aroma	Piney, fresh, fruity, earthy, woody
Extraction Method	Steam distilled
Plant Part Used	Needles, twigs
Shelf Life	4 years
Kid Safe?	Yes
Safety Concerns	Non-toxic, non-sensitizing, non-irritant

Forest
Fresh
Aroma

Calming
Effect

Soothes
Sore Muscles

Supports
Respiratory
Health

Therapeutic Uses:

Muscular aches and pains, poor circulation, rheumatism, asthma, bronchitis, coughs, respiratory weakness, colds, flu, infections, anxiety, stress-related conditions (from The Encyclopedia of Essential Oils by Julia Lawless, page 186)

Hemlock Essential Oil Benefits:

- Supports healthy lung function
- Restores and uplifts mood
- Brings comfort during stressful times
- Supports healthy adrenal activity
- Skin cleansing properties
- Promotes relaxation
- Eases sore throats and coughs
- Soothes sore muscles and joints
- Supports overall immunity and vitality
- Helps to overcome fatigue
- Clears mucus and congestion

Hemlock Essential Oil Uses:

- Mix with jojoba oil and enjoy as a natural massage blend for sore muscles.
- Add a drop to a diffuser necklace to uplift your day.
- Diffuse to bring comfort when stressed
- Place one drop in the palm of hand, rub hands together then deeply inhale the aroma.
- Blend with a carrier oil and rub onto your chest and neck for cough and congestion.
- Place 2 drops on the shower floor just before you get in to support a healthy mind and body.





Essential Oil Challenge



My Oil:

Getting To Know Your Essential Oil

Spend a day with your essential oil and really get to know the oil, how it makes you feel, what it reminds you of, how it can help you in your life. I challenge you to remove the cap and unlock this powerful oil so you can enjoy its value.

Answers These Questions:

1. What is the botanical name of this essential oil?
2. What is the body system is it most beneficial for?
3. What are some ways it can support you emotionally?

Ponder The Aroma:

1. How do you feel when you smell it?
- 2 Does the aroma remind you of anything, anyone or any place?
3. List words you would use to describe the aroma:

Use Your Oil:

1. Place 2 drops on a tissue and smell it throughout the day to get familiar with its aroma.
2. Make one recipe from our blog post and use your creation.
3. Share your experience with us, email us at jen@lovingessentialoils.com and tell us what you have learned about this oil and how it has helped you (or if it hasn't).