



BALSAM FIR Essential Oil

Botanical Name: *Abies balsamea*

Plant Part: Needles

Origin: India

Processing Method: Steam Distilled

Product Abstract: Balsam Fir Needles are about 3/4 to 1-1/4 inches long with two white stripes running down the underside of each needle. Fir Balsam Oil is often used in a diffuser or aromatherapy as it is considered stimulating and can be used to combat the symptoms of colds, cough, flu, sinus and chest congestion. It is also indicated as being an analgesic and having anti-inflammatory properties, hence it can be diluted in a Carrier Oil for massage to alleviate arthritis and muscular aches & pains. The oil is also commonly used in air fresheners and household cleansers.

Aromatic Scent: Fir Balsam Essential Oil has a crisp, clean Christmas tree aroma that is uplifting, warming and calming.

Emotionally, Balsam Fir Essential Oil has the potential to uplift the spirits and help ease feelings of stress and anxiety. I love to include it in blends that I use in my office to help balance and focus my mind onto the project at hand.

Balsam Fir Essential Oil Uses

- Minor Cuts and Wounds
- Bronchitis
- Coughs
- Sore Throat
- Depression
- Nervous Tension
- Stress

Major Constituents

- B-Pinene
- delta-3-Carene
- Bornyl Acetate
- a-Pinene
- (+)-Limonene
- B-Phellandrene
- Camphene
- a + B-Terpineol



Safety Information

Tisserand and Young precaution to avoid use of the oil if it has oxidized. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 282-283.]

Cautions: Dilute very well before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided.

****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.**

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).