



Black Spruce Essential Oil



Botanical Name: *Picea mariana*

Main Constituents:

L'Bornyl Acetate : 17.76%

Plant Part: Needles and Twigs

Extraction Method: Steam Distilled

Origin: Canada

Color: Colorless to pale yellow liquid.

Consistency: Thin

Note: Top

Strength of Aroma: Medium

Child Safe: Yes

Description: Black Spruce is a naturally growing tree in Canada. It is typically found in wet, swampy areas where the wild growing trees can grow up to 15 meters in height.

Common Uses: Spruce Black Essential Oil has a very pleasant scent and can be used by aromatherapists to provide a sense of relaxation to the clients by using the oil in a warm bath. Consumers will also see Spruce Black oil frequently used in room sprays and detergents.

Therapeutic Properties

Analgesic: Observed pain-relieving effects are possibly related to its anti-inflammatory and antispasmodic actions.

Anti-inflammatory: *Trans*-anethole can alleviate inflammation (de Cássia da Silveira e Sá *et al.* 2014).

Antispasmodic: *Trans*-anethole has antispasmodic actions on both smooth and skeletal muscle (Albuquerque *et al.* 1995 cited by Bowles 2003).

Antithrombotic: *Trans*-anethole has anti-platelet, clot-destabilizing, and vasorelaxant actions (Tognolini *et al.* 2007).

Antiviral: Anise is active against Herpes Simplex Virus Type II (Adorjan and Buchbauer 2010).

Carminative: It offers antispasmodic activity. This relates to its capacity for digestive support.

Digestive aid: Anise is traditionally used to stimulate and support digestive processes (Rhind 2014b).



Emmenagogue: This action is probably attributed to Anise so often because of the possible estrogenic activity (*trans*-anethole). Additionally, the anti-platelet, clot destabilizing, and vasorelaxant actions could increase menstrual blood flow.

Expectorant: Like Sweet Fennel, the penetrating properties of Anise appear to reduce the viscosity of mucus. This, as well as its antispasmodic and anti-inflammatory actions, means it can benefit cases of respiratory congestion.

Applications

Digestive discomfort: Anise seed is known to promote digestion and to have an antispasmodic effect. I've used a few drops of Anise in massage oil blends for clients who complain of digestive pain. It can also be used with Peppermint for reducing nausea (remember to avoid Anise with pregnant women). In blends for digestive dysfunction, Anise works well with Ginger and distilled Lime.

Respiratory: Another great use of this oil is for a spasmodic cough due to a cold or the flu. It can be blended with oils high in esters, such as Roman Chamomile or Clary Sage, for a great antispasmodic effect. It also blends well with Ginger for respiratory support.

Menstrual dysfunctions: In cases of amenorrhoea and dysmenorrhoea, Anise can stimulate menstrual flow and alleviate discomfort. Try blending it with Sweet Fennel, Rose, or Clary Sage. Do not use on those who experience heavy bleeding.

Aromatic Scent: Spruce Black Essential Oil is one of Canada's best kept secrets. It is sweeter, and softer than most evergreen oils with a balsamic, resinous odor with green woody notes. Overall, the scent is very clean, fresh and pleasant.

History: Black Spruce Essential Oil has a long history of use in saunas, steam baths, and as an additive to baths and massage products in spas because it energizes the senses through its fresh and pleasant aroma.

Safety Data

Tisserand states that *trans*-anethole has a weak estrogen-like activity, and it is contraindicated for pregnancy, breastfeeding, endometriosis, any estrogen-related cancers, and children under 5 years of age. Oral doses are not recommended for people taking diabetes medication, diuretic medication, renal insufficiency, and edematous disorders. Also, may interfere with anticoagulant medications or bleeding disorders. When oxidized, it may be skin sensitizing. For topical applications, Tisserand suggests 2.4% dilution.



General Safety Information

Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.

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