



SIBERIAN FIR Needle Essential Oil



Botanical Name: *Abies siberica*

Main Constituents:

α -Pinene: 12.72%

Limonene and β -phelandren : 8.63%

Bornyl acetate: 26.88%

Plant Part: Needles

Origin: Russia

Processing Method: Steam Distilled

Description / Color / Consistency: A medium, clear, colourless to pale yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A middle note of strong aroma, Fir Needle Essential Oil has the sharp crisp, clean scent of fir needles.

ABOUT THE PLANT

Abies siberica is a relatively small coniferous evergreen tree which grows in Austria, Eastern France, Germany, Poland, Russia and Canada. The Siberian Fir is native to China, Mongolia, Eastern Russia and what is now the region straddling Iran and Afghanistan. The tree is planted in many European countries for lumber, wood pulp and for Christmas trees.

Siberian Fir Essential Oil tends to be less stimulating than most other commonly available conifer oils. It contains approximately 30% Bornyl acetate, an ester that contributes to the oil's calming, balancing and anti-inflammatory benefits.

It is a beautiful oil to use in blends intended for respiratory issues and muscular aches and pains. Its crisp, woody aroma can help to offset the more medicinal aroma of essential oils like tea tree or those that contain 1,8 cineole or camphor.

Emotionally, Siberian Fir Essential Oil is an uplifting essential oil that isn't too overpowering or stimulating. It's not the first essential oil that I would choose if I need an essential oil to help ease stress or anxiety, but it is one of the most calming of the conifer oils, and I think of it as a balancing oil that I love to use in blends to support emotional balance. Aromatherapy author and educator Jennifer Pressimone suggests Siberian Fir Essential Oil for anger, acceptance, contentment, intolerance of toxic relationships, feeling connected to self and moving forward without fear.



Major Constituents

- Bornyl acetate
- Camphene
- A-Pinene
- gamma-3-Carene
- (+)-Limonene
- Santene

Emotional/Energetic Qualities

Promotes strong self-image and identity

Emotionally revitalizing

Invites forgiveness and self-acceptance

Increases positive, calm energy

Therapeutic Properties

Airborne antimicrobial: In traditional Siberian medicine, it is used as an antimicrobial and to maintain good health throughout the harsh winter season.

Anti-inflammatory: The main component bornyl acetate has antioxidant actions (Kim et al 2013) and anti-inflammatory actions (Wu *et al.* 2004, Matsubara *et al.* 2011a). Camphene has antioxidant and anti-inflammatory actions (it is an inhibitor of prostaglandin synthesis) (Quintans-Júnior *et al.* 2013).

Analgesic: The main component bornyl acetate has analgesic and anti-inflammatory actions (Wu *et al.* 2004, Matsubara *et al.* 2011a). Camphene has a significant antinociceptive action (Quintans-Júnior *et al.* 2013). The pinenes will also contribute to the pain-reducing effects.

Antispasmodic: Bornyl acetate has anti-inflammatory, antitussive, and expectorant actions (Chen *et al.* 2014) and is indicated for respiratory congestion and spasmodic coughs.

Decongestant: See **antispasmodic** and **expectorant**.

Deodorant: Siberian Fir acts as an airborne antiseptic—it diffuses rapidly and removes unpleasant scents, replacing them with its fresh, clean aroma.

Expectorant: Bornyl acetate has anti-inflammatory, antitussive, and expectorant actions (Chen *et al.* 2014).



Applications

Fatigue: Siberian Fir can help with alertness and reduce anxiety (Chen *et al.* 2014).

Hygiene: Siberian Fir is a good antimicrobial that diffuses quickly in the atmosphere. See **Blending Ideas** for a Protective Room Diffuser Blend. It's also great in your natural cleaning products.

Musculoskeletal: Siberian Fir is an excellent addition to blends for muscle and joint pain and inflammation, especially if related to tension, overwork, fatigue, and tiredness. Siberian Fir is great for aches and pains in general and penetrates the skin quickly. It is great for the pain of chronic arthritis or rheumatism. You can make a blend with 1 oz (30 ml) of Trauma Oil as your base (Trauma Oil is a carrier infused with arnica, calendula, and St. John's wort), and add 3–5 drops of Siberian Fir, as well as other oils high in anti-inflammatory, circulatory and analgesic components. My favorites are German Chamomile, Juniper Berry, Lavender, Helichrysum, and Rosemary ct. camphor.

Respiratory: I love Siberian Fir in a steam to clear my sinuses. It blends well with Eucalyptus and Tea Tree, and steaming is the best way to cut off a cold before it sets in. I do several steams a day for a few days until all signs of the cold are gone.

Safety

Generally non-toxic, non-irritant and non-sensitizing. Always test a small amount first for sensitivity or allergic reaction.

If pregnant or under a doctor's care, consult your physician.

****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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