

Black Spruce

Picea mariana

With a wonderfully fresh and uplifting aroma, Black Spruce possesses the ability to free and calm the mind while elevating the spirit. Like all conifer oils, it is an emotionally grounding oil, yet at the same time stimulating, making it an excellent refresher for physical or mental exhaustion or in times of stress or anxiety.

It is a great enhancement for yoga or meditation practices, as well as an atmospheric energizer for any room; an effective room deodorant and antiseptic.

Black Spruce is highly supportive and restorative to overworked or depleted adrenal glands. It is strengthening and balancing to the nervous system, helps boost stamina, and may be of particular benefit with Chronic Fatigue Syndrome.

Traditionally used as a key component in massage blends to target muscle pain and spasms, joint pain, rheumatism, and general strains and sprains; it is also an excellent aid for poor circulation. It has long been used in saunas and steam baths, and is an excellent addition to the bath when used with goDésana bath salts.

A good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; reduces congestion and inflammation. Also used as a wound healing agent, antifungal, and antiparasitic.

general uses

LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

BATH

- Combine 8-10 drops with ½ to 1 cup of Pink Himalayan or Dead Sea bath salts.

INHALATION

- Inhale 1-2 drops from a tissue or cotton ball.

DIFFUSION

- Diffuse 5-10 drops for 15 minutes per hour as desired through the day.

MASSAGE/TOPICAL

- Dilute 20 drops with 1 ounce of carrier oil; very soothing for sore, tired muscles.
- Can be applied neat to small areas. Dilute 50/50 for largest area applications on muscles.

MISTING SPRAY

- Mix 15-20 drops in 4 ounces of Distilled Water in a cobalt blue spray bottle. Shake vigorously and spray for refreshing conifer/forest aroma.

pregnancy & children

TOPICAL

- 3 years and over - Safe when used as directed and diluted according to guidelines
- Pregnancy - Safe when used as directed, and diluted according to guidelines, after the first trimester

BATH

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attributes

Producing Organ: *Needles & Twigs*

Extraction: *Steam Distillation*

Country of Origin: *Canada*

Therapeutic Properties: *Antifungal, anti-infectious, anti-inflammatory, antiparasitic, antirheumatic, antiseptic, antispasmodic, astringent, decongestant, deodorant, diuretic, expectorant, immunostimulant, nervine, rubefacient, warming*

dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.
- Can be mildly irritating to those with very sensitive skin. Dilute 50/50 for application on large areas, or apply on soles of feet.

availability

10ml Bottle



QUALITY ASSURANCE

All goDésana Organics Essential Oils are 100% Pure, Certified Organic and Wildcrafted. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana Organics.

DISCLAIMER

goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.
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