

Pine, scotch

Pinus sylvestris

Therapeutic Properties: antimicrobial, antineuralgic, antirheumatic, antiscorbutic, antiseptic (pulmonary, urinary, hepatic), antiviral, bactericidal, balsamic, cholagogue, choloretic, deodorant, diuretic, expectorant, hypertensive, insecticidal, restorative, rubefacient, stimulant (adrenal cortex, circulatory, nervous), vermifuge

Since the days of ancient Greece, Scotch Pine has been used as a remedy for many health needs, particularly those of the pulmonary and respiratory system. Its expectorant properties can provide quick relief from bronchitis, sinusitis, laryngitis, flu symptoms, and is found in many formulations for the lungs.

The stimulating qualities of Scotch Pine make it an excellent after-sports, oil, particularly in cases of strained or sore muscles. Scotch Pine was used by Native Americans to prevent scurvy. They also filled their mattresses with it to keep away fleas and ticks.

It seems to be especially restorative after long-standing illness. Scotch Pine Essential Oil is capable of warming cold hands and feet. It is considered a useful Essential Oil for men in supporting the production of semen.

It can also be used in the care of arthritis, rheumatism, circulatory disorders, inflammation, intestinal pain allergies, to promote wound healing, and for relief from nervous exhaustion and over-all fatigue. Mentally, its effect is bracing and invigorating. Similar to peppermint, it can be used to stay alert.

aromatherapy & home uses

Circulation, Muscles and Joints: arthritis, gout, muscular aches and pains, poor circulation, rheumatism

Immune System: colds, flu

Genitourinary System: cystitis, urinary infection

Respiratory System: asthma, bronchitis, catarrh, coughs, sinusitis, sore throat

Nervous System: fatigue, nervous exhaustion and stress-related conditions, neuralgia

Skin Care: cuts, lice, excessive perspiration, scabies, sores

suggested usage

BATH:

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water. Scotch Pine can be added to a bath for nervous exhaustion, circulatory disorders, and for slow wound healing. This method is also effective for arthritis, rheumatism, and skin disorders.

INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- As an inhalant, Scotch Pine helps relieve bronchial catarrh, asthma, and blocked sinuses. It is especially restorative after long illnesses.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired.

TOPICAL

- Mix 5 drops Scotch Pine, 5 drops Lavender, fine; and 5 drops Ginger per tablespoon of carrier oil, and massage on sore muscles.

responsible cautions

- Generally non-toxic, non-irritant (except in concentration), possible sensitization.
- Avoid in allergic skin conditions.
- 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.

attributes

Producing Organ: Needles

Extraction: Steam Distillation

Country of Origin: Hungary

topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

pregnancy & children

Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *not recommended*
- 5 to 10 years - *not recommended*
- Pregnancy - *not recommended*

Remember that blends, because of the smaller percentage of stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

availability

10ml Bottle



QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

goDesana 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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