

White Fir

Abies alba

White Fir, most recognizable as the common Christmas tree, has been used for hundreds of years by Native Americans for everything from building material to medicine.

With its fresh, crisp scent and high levels of the powerful antioxidant D-Limonene, White Fir has historically been used to relieve tired muscles, to soothe pain associated with arthritis or rheumatism, and to strengthen the immune system.

White Fir is also effective for increasing circulation, is helpful for respiratory complaints, and can be used for surface disinfection.

White Fir Essential Oil is a grounding yet empowering and uplifting oil that will leave you feeling strong and emotionally stable enough to weather life's storms.

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

- 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

attributes

Wildcrafted

Producing Organ: Needles & Branches

Extraction: Steam Distillation

Country of Origin: France

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.

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.
© 2011 Green Organics, LLC • © 2013 goDésana, LLC
www.godesana.com