

Balsam Fir

abies balsamea 10ml

Canadian Balsam Fir has the Latin name *Abies balsamea*; the meaning of the genus name "Abies" is "living for a long time" or "great longevity".

Abies balsamea is only found in North America; there are fir species in Europe, but not the *Abies balsamea*. It is unique because of the oleoresin called balsam that oozes from the bark. Balsam resin has two primary uses. Firstly, it is a wound healing substance used first by the Native Americans. Secondly, it is used in the optical industry because its refraction index is very near that of glass, minimizing image distortion.*

Balsam Fir has a powerful psychological influence; it helps release many of the emotional issues behind illness. It helps to open and free the mind and heart. It is believed by Dr. Daniel P eno el to protect the healthcare worker from picking up negative energy released by their clients and patients.*

Balsam Fir gives exceptional mental clarity, assisting us to let go of old mental patterns that are detrimental.*

USES

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser to bring the relaxing, grounding aroma of the forest into your home. Especially nice around the winter holidays!
- **Misting:** Mix 5 drops per 1 ounce of distilled water in an amber glass or PET plastic bottle, shake well, and mist into environment as desired.*

bath

- **Bath:** Add 8 to 10 drops to   cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water.*

topical

- **Massage:** To assist the body with sinus infections, apply diluted Balsam Fir on each forefinger and, beginning at the outside end of the eyebrow massage very gently just under the eyebrow towards the top of the nose. Be extremely careful not to get any into the eyes.*
- **Massage:** Apply 2-3 drops neat (undiluted) on painful muscles or joints.*
- **Massage/Lotion:** Add to hand & body lotion or the carrier oil of your choice for an invigorating yet relaxing massage with anti-inflammatory benefits.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 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.*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

properties

Organic

Producing Organ: Needles, young twigs, and cones

Extraction: Steam Distillation

Country of Origin: Canada

Main Chemical Constituents:

Monoterpenes, pinene, phellandrene

Therapeutic Properties: Antiseptic (genito-urinary, pulmonary), antitussive, astringent, cicatrizant, diuretic, expectorant, purgative, regulatory, sedative (nerve), tonic, vulnerary [Julia Lawless, "The Illustrated Encyclopedia of Essential Oils" (Rockport, MA: Element Books, 1995), 72.]

responsible cautions

- Non-toxic, non-irritant, non-sensitizing
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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