

# Black Spruce

**picea mariana** 10ml

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.\*

## USES

### aromatic

- **Diffusion:** Diffuse 5 to 10 drops for 15 minutes per hour as desired through the day to help reduce stress.\*
- **Inhalation:** Place 1 to 2 drops on a tissue, cotton ball, or in the palms of the hands and inhale to create feelings of peace and to aid clear respiration.\*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake vigorously and spray for a refreshing conifer/forest aroma.\*

### bath

- **Bath:** Combine 8 to 10 drops with ½ to 1 cup of Pink Himalayan or Dead Sea bath salts and add to warm bath water to relax sore muscles.\*

### topical

- **Massage/Lotion:** Dilute with carrier oil for a very soothing massage for sore, tired muscles.\*
- **Massage:** Can be applied neat (undiluted) to small areas. Dilute 50/50 with carrier oil for larger area applications.\*

### 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.\*

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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

*Wildcrafted*

**Producing Organ:** Needles and twigs

**Extraction:** Steam Distillation

**Country of Origin:** Canada

**Main Chemical Constituents:** *Mainly pinenes, limonene, bornyl acetate*

**Therapeutic Properties:** *Antimicrobial, antiseptic, antitussive, astringent, diaphoretic, diuretic, expectorant, nerve, rubefacient, tonic*

## responsible cautions

- May be mildly irritating to those with very sensitive skin.
- 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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