

QUICK REFERENCE SHEET

FIR BALSAM

Foeniculum vulgare



Plant Family:
Coniferae



Extraction Method:
Steam Distilled



Part Utilized:
Needles (Leaves)



**Region of
Origin:**
Canada

AFFINITY FOR:

central nervous system, respiratory system, endocrine system, lymphatic system, immune system, urinary tract, muscles, tendons, joints, heart chakra, solar plexus chakra

THERAPEUTIC PROPERTIES:

antiseptic, antibacterial, deodorant, antitussive, expectorant, astringent, laxative, antispasmodic, analgesic, diuretic, immune stimulant, nervine

AROMATIC CONSIDERATIONS:

The various varieties of Fir oil are quite similar to one another in therapeutic properties, but the balsamea is more mellow, with an increased ability to center and ground the emotions. This Fir has a wonderful aroma when diffused.

APPLICATION:

Fir Balsam should be diluted and applied to areas of concern or to the feet and is wonderful diffused or used in the bath.

INGREDIENT IN:

LeAmplify, LeConnection, LeDeeper, LeFortitude, LeLivN, LeMillenia, LeSanctuary, LeUplift LeWarmDown

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Fir essential oil is excellent during the recovery stage of serious illness, whether the illness is of the body, the mind, or the spirit. They are protecting and grounding and help us structure our lives around a firm and solid center.

PHYSICAL ASPECTS:

The essential oil of Fir Balsam, like all conifer oils, is an immune and endocrine stimulant. It is often used to treat urinary infections and remove deposits from the lymphatic system. Fir in any form, has been well regarded for many years and in many cultures for treatment of respiratory complaints and fevers. Fir essential oil is excellent for muscle pain relief and to loosen muscles before strenuous exercise. It is also soothing for overworked or tired muscles, tendons, ligaments, and joints. Fir oils are useful for back pain.