QUICK REFERENCE SHEET

FIR DOUGLAS

Pseudotsuga menziesii

Plant Family: Pinaceae

Extraction Method: Steam Distilled

Part Utilized: Needles (Leaves)

Region of Origin:

Argentina

AFFINITY FOR:

central nervous system, respiratory system, endocrine system, lymphatic system, immune system, urinary tract, muscles, tendons, joints, all chakras (especially heart and solar plexus)

THERAPEUTIC PROPERTIES:

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

AROMATIC CONSIDERATIONS:

All of the Fir oils are very similar. Douglas Fir smells like a true christmas tree in a bottle while Fir Balsam is more mellow, and Fir Sibirica is slightly pungent.

APPLICATION:

Fir oils should be diluted and applied to areas of concern or to the feet, and are wonderful diffused or used in the bath.

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. Fir Douglas is especially grounding and fortifying for those with frayed nerves and those prone to stress and anxiety. Diffusing this oil can lift even the darkest of moods, facilitate a meditative state of mind, and it is an excellent oil for the winter blues.

PHYSICAL ASPECTS:

Fir Douglas, like the other Fir oils, is an immune and endocrine stimulant. Fir Douglas is a good anti-inflammatory that soothes sore muscles, tendons, ligaments, and joints. It can be used for headaches and to relieve swollen tissues, especially in the respiratory system. Fir Douglas is wonderful for nervous tension in the body, and for encouraging deep breathing. It is a notable disinfectant.

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