

QUICK REFERENCE SHEET

FIR SIBIRICA

Abies sibirica



Plant Family:
Coniferae



Extraction Method:
Steam Distilled



Part Utilized:
Needles (Leaves)



**Region of
Origin:**
Russia

AFFINITY FOR:

central nervous system, all of the chakras

THERAPEUTIC PROPERTIES:

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

AROMATIC CONSIDERATIONS:

Fir Sibirica is slightly more pungent than the balsamea, but still wonderfully resinous and woody. The aroma of Fir Sibirica is pleasing to both men and women. Men like the conifer oils because they lack any hint of feminine flower aromas. All conifer oils, while very nice applied to the body, are absolutely wonderful when diffused.

APPLICATION:

Fir, sibirica should be diluted and applied to areas of concern or to the feet.

! CAUTIONS:

Fir Sibirica oil could be a possible skin irritant if used for long periods of time, or when used undiluted and is wonderful diffused or used in the bath.

INGREDIENT IN:

↳Holiday Spirit

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Conifer trees stand straight and tall with their heads in the clouds of heaven and their feet firmly planted in the earth. They have a tremendous resilience, maintaining their foliage in both summer and winter. In an evergreen tree, the foliage is centered around a central strong and solid center. Conifer trees provide protection for the other residents of the forest. These features tell us much about the use of the essential oils that are distilled from them. They are protecting and grounding and they help us structure our lives around a firm and solid center.

PHYSICAL ASPECTS:

Fir Sibirica has a very pleasing aroma. Nevertheless, it is an intense antiseptic and antibacterial. It is a pleasant alternative to Tea Tree oil in many instances and certainly has a more pleasant aroma.

GENERAL INFORMATION:

Fir Sibirica can be used almost interchangeably with Fir Balsam.