

QUICK REFERENCE SHEET

PINE NEEDLE

Pinus sylvestris



Plant Family:
Coniferae



Extraction Method:
Steam Distilled



Part Utilized:
Needles (Leaves)



Region of Origin:
Bulgaria

AFFINITY FOR:

respiratory system, circulation, metabolism, skin care, brow chakra, crown chakra, governing vessel meridian, stomach meridian, lung meridian

THERAPEUTIC PROPERTIES:

anti-infective, antifungal, tonic, pectoral, expectorant, diuretic, balsamic, stimulant, depurative, restorative

AROMATIC CONSIDERATIONS:

The aroma of Pine essential oil can bring us true wisdom through acceptance of what was and acknowledgement of what is and what can be.

APPLICATION:

Pine is especially nice in a bath or sauna. Dilute to apply to the feet or the body.

INGREDIENT IN:

^{Le}Aspire, ^{Le}Energy, ^{Le}Grateful Heart, ^{Le}Sanctuary

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Pine essential oil is useful for moving on from regrets and self-judgement. It can bring relief from feeling the necessity to “carry the whole world” on our own shoulders. Pine helps us to establish a healthy respect for our own needs, including the need to rest and rejuvenate from time to time. Pine is also for those who confuse the acquisition of more and more “facts” as wisdom.

PHYSICAL ASPECTS:

When Pine essential oil is massaged into the skin, it promotes healthy circulation and brings comfort to sore joints and muscles. Pine is an excellent massage oil for arthritis.

Pine oil increases metabolism and nutrient absorption. Pine has a beneficial action on both the kidneys and the intestines, aiding them in their function of removing cellular waste and toxins from the body. This essential oil is a pleasant way to disinfect the air or any surface.

GENERAL INFORMATION:

Pine needles were used by the ancient Romans and Greeks and by the American Indians to treat respiratory problems, relieve muscle aches, and prevent scurvy.