



PRODUCT DESCRIPTION

Enjoy the fresh pine aroma of a Christmas tree year-round with Balsam Fir essential oil. Distilled from evergreen needles, this woody aroma evokes positive feelings of hope, stability, and comfort. Its uplifting effects on mood and emotion help relax and calm the mind and body. Balsam Fir is also an excellent choice to diffuse and clean the air you breathe which will help boost your respiratory functions.

PRIMARY BENEFITS AND SAMPLE USES

- » Supports general respiratory health
- » Reduces discomfort
- » Boosts immune system
- » Refreshes indoor air

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the PURELY™ diffuser of your choice.

Topical: Dilute 1-2 drops with a PURELY™ carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Basil, Cypress, Cinnamon Bark, Eucalyptus, Lavender, Peppermint and Frankincense

COUNTRY OF ORIGIN Canada

EXTRACTION METHOD Steam distillation



DIFFUSION



TOPICAL



STEAM



BATH

DILUTION TABLE

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

SKU# 1060
retail: \$17

BALSALM FIR

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



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