



## Canadian Fir Essential Oil

**DESCRIPTION:** Stimulate the senses with this woody aroma. Diffuse this calming and grounding oil for feelings of empowerment and stability.

**TOP AROMATHERAPY BENEFITS:** stability • calm • empower

**AROMA:** Woody & Crisp

**BLENDS WITH:** Cedarwood, Rosemary, Wintergreen

**INGREDIENTS:** Abies sibirica (fir) leaf oil

**COLLECTION METHOD:** Steam Distilled

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a stabilizing and empowering aromatherapy experience.

#### Air Freshener

Add a few drops to a spray bottle, shake well and use as an air freshener.

#### Clear the Air

Diffuse to encourage deep breathing when feeling congested.

#### Soothe Joints

Combine with peppermint and a carrier oil and rub on achy joints.

#### Use Before Bed

Add a few drops to carrier oil and apply to feet at bedtime to encourage good sleep.

#### Cleanse Body Odors

Add a few drops to a warm bath for an odor-cleansing soak.

#### Clean Sweaty Clothes

Add 10-15 drops per gallon of water and soak gym clothes and sports gear before adding to washing machine.

#### Surface Cleaner

Add 15 drops of Canadian Fir oil to a spray bottle with 1 cup distilled water, and 1/4 cup white vinegar. Shake well.

#### Wood Polish

Combine 10 drops essential oil with 2 tablespoons grated beeswax, and 8 tablespoons olive oil. Place ingredients in a glass jar and put in 2 inches water and stir until melted (do not boil).

#### Floor Cleaner

Create a DIY floor cleaner by adding 1/2 cup warm water, 1/4 cup white vinegar, 1 teaspoon liquid dish soap and 10-15 drops Canadian fir oil to a spray bottle.

#### Daily Shower Spray

In a spray bottle add 1 cup of water, 1 tablespoon liquid Castille soap, 5 drops Canadian fir oil and 5 drops eucalyptus oil. Use after showering on tile and glass.

### DIY AROMATHERAPY BLENDS:

#### Down to Earth:

Canadian Fir + Cedarwood + Clove

**Falling Snow:** Canadian Fir + Clove + Wintergreen

**Fresh Air:** Canadian Fir + Eucalyptus + Wintergreen

**Fresh & Clean:** Canadian Fir + Orange

**Holiday Season:** Canadian Fir + Cinnamon + Orange

**Mountain Air:** Canadian Fir + Cedarwood + Peppermint

**Soothing Comfort:** Canadian Fir + Ginger

**Stability:** Canadian Fir + Cedarwood + Oregano

**Young & Fresh:** Canadian Fir + Citrus Boost + Grapefruit

Dilution Ratio: Best practices state that one 1/2 tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.