

Fir Balsam - Avies Balsamea "Balm of Gilead"

Country of Origin: Canada

About the oil

Distilled From: Tree, needle and leaves

Aroma & appearance: Clear oil with warm, balsamic and refreshing notes.

Some beneficial ways of enjoying the oil:

Blends well with basil, caraway, cedarwood, frankincense, lavender, myrtle, niaouli.

- Blend 1 drop of fir balsam with tea tree and myrtle for an antiseptic room spray. Burn in a burner in a sick room to ward off infection.
- Blend a drop of fir with a drop of basil, place onto a tissue and inhale. This is great for dispelling tiredness, good for jet lag.

Did you know?

The oil comes from a tree used for house and ship building because of its strength and durability. The native American Indians used the resin for religious and medicinal purposes. It is used for fragrance in toiletries, shaving soaps, room sprays, deodorants, disinfectants and of course for inhalations.

Key Search words: Winter ailments, especially respiratory disorders, chesty conditions. Can help asthma sufferers, has a tonic effect on the nervous system. Relieves aches and pains, alleviates tiredness, is warming and soothing for arthritic and muscular conditions. Is helpful for treating urinary conditions and is said to boost the endocrine system, having a positive effect on the metabolic rate of the body.

Safety Data

Contra-indications for this oil are uncertain, so not used very often in aromatherapy. Use cautiously and in small quantities in a blend.

Avoid the use of this oil during pregnancy
