

Pine, scotch – *Pinus sylvestris*

Code: T122

Vol: 10ml

Country of Origin: Siberia

About the oil

Distilled From: Distillation of the needles, young twigs and cones.

Aroma & appearance: Sharp, clearing, slightly musky oil. Clear in color.

Some beneficial ways of enjoying the oil:

- The fresh, resinous aroma of this oil makes it a very good choice for steam inhalations during the cold winter months. Add 1 drop each of Pine, Eucalyptus and Lavender to a bowl of boiling water (allow to cool for a minute once boiled). Lean over the bowl, with a towel covering your head and shoulders and inhale the vapors for a couple of minutes.
- A few drops of Pine and Mandarin in an oil burner will enhance the Christmas atmosphere of any room during the festive season.

Pinus sylvestris, known as Scotch Pine in the UK, and as Norway Pine in Scandinavia, is grown all over Europe. The oil is extensively used for disinfectants, room sprays and other household products. Absolute Aromas has selected a fine oil from Siberia, the major producer of *pinus sylvestris*.

Did you know?

The American Indians often stuffed the leaves and cones into mattresses to repel lice and fleas.

Key Search words: Clearing, stimulating, invigorating, winter ailments.
