

Balsam Fir Essential Oil

Botanical Name

Abies balsamea

Strength of Initial Aroma

Medium

Aromatic Description

Sweet Rich Fresh Evergreen Aroma

Blends Well With

Other Evergreens and citrus, floral, mint and herbaceous oils

Balsam Fir Essential Oil Uses

- Perfumery/Fragrancing
- Minor Cuts and Wounds
- Bronchitis
- Coughs
- Sore Throat
- Depression
- Nervous Tension
- Uplift Spirits
- Balance and Focus the Mind

- Stress and Anxiety

Sources: www.aromaweb.com Balsam Fir EO Monograph

Balsam Fir Essential Oil Safety Information

Tisserand and Young precaution to avoid use of the oil if it has oxidized. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 282-283.]

This essential oil poses a higher risk of causing irritation and sensitization when used in the bath. Avoid using it in the bath, even if it is solubilized/diluted.

As cited per www.aromaweb.com Balsam Fir EO Monograph

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.