

Birch Essential Oil

Botanical Name

Betula lenta

Strength of Initial Aroma

Medium

Aromatic Description

Minty wintergreen aroma

Blends Well With

Citrus, Cedarwood, Sandalwood, Rosewood, Eucalyptus, Rosemary, Clary Sage, other herbaceous or woody oils

Birch Essential Oil Uses

- Perfumery/Fragrancing
- Pain Relief for Joints and Muscles
- Anti-inflammatory
- Anti-spasmodic
- Respiratory Problems
- Sweat Inducing Tonic
- Arthritis
- Problem Skin
- Astringent to Tighten Pores

- Reduce Wrinkles and Saggy Skin
- Antiseptic
- Antibacterial
- Antifungal
- Depression

Sources: www.aromahq.com/birch-oil/, www.webmd.com,

Birch Essential Oil Safety Information

Sweet Birch essential oil is potentially toxic and may cause skin irritation. It should always be used with caution and in the correct dilution. Its main constituent is methyl salicylate (the active ingredient in aspirin) so it should not be used on anybody who is sensitive/allergic to aspirin, has liver problems, is on blood thinning medication, has epilepsy or is subject to seizures. It should be avoided by anyone with an allergy to wild carrot, mugwort, celery, and other spices. It should also be avoided with children or the elderly and while pregnant or breast feeding. Always conduct a patch test before using.

Source: www.webmd.com, www.aromahq.com/birch-oil/

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.