

# White Fir

*Abies alba* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CP** TG Certified Pure Therapeutic Grade®

**Application:** **Plant Part:**  
A T N Needle

**Extraction Method:**  
Steam distillation

**Aromatic Description:**  
Clean, crisp, woody, powdery

**Main Chemical Components:**  
Limonene, beta pinene

## PRIMARY BENEFITS

- Alleviates the pain and discomfort of sore muscles and joints
- Supports clear breathing and respiratory function
- Energizes the body and the mind

**White Fir**  
*Abies alba* 15 mL

Part Number: 30250001  
Wholesale: \$20.00  
Retail: \$26.67  
PV: 20.00



## PRODUCT DESCRIPTION

White Fir tree is a popular wood for construction because of its combination of strength, versatility, and beauty. It is also a popular choice for Christmas trees. Native Americans used White Fir as a building material and in traditional medicine, specifically to promote healthy respiratory function. Derived from the soft needles of the tree, White Fir essential oil is most noted for soothing sore muscles and joints and supporting clear breathing. Aromatically, White Fir evokes feelings of stability, energy, and empowerment. It can be stimulating to the mind while helping the body to relax.

## USES

- Apply to cold, achy muscles and joints during winter time.
- Diffuse or apply to chest to promote clear breathing.
- Add 1–2 drops to a hot bath to relax and breathe in White Fir's cleansing aroma.
- Diffuse to reduce mental fatigue at work.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.