



Monographs, Modules 4 & 5

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Fir: Silver Fir (Abies Alba), Grand Fir (Abies grandis)

Overview:

Fir is a large evergreen tree indigenous to various parts of the world. It has several species specific to particular geographic areas such as North America and Central America, Europe, Northern Africa and Asia. Fir is a hardy, sturdy tree, able to thrive in difficult weather conditions. Various types of preparation have been used for centuries in traditional medicine in various cultures. The buds have antibiotic, antiseptic and balsamic properties while the leaves are used for expectorant and bronchodilator purposes. The bark and its resin are also used in various antiseptic preparations. Due to the fresh, citrusy, tonic smell of its needles, fir has also been used as air freshener and insect repellent.

Silver fir and grand fir are the most popular sources for the fir essential oil. Both the aromatic and the therapeutic profiles of silver fir and grand fir are similar, with an affinity for the respiratory system.

Therapeutic Actions and Benefits:

As most of the conifer essential oils, fir has antibacterial, antiviral, antifungal and anti-inflammatory properties. It is also used as antiseptic, decongestant, expectorant, stimulant and tonic. Topically it stimulates peripheral circulation and relieves muscular and joint pain.

Fir essential oil is indicated for respiratory ailments and to support a healthy circulatory system. The oil is tonic, warming and cleansing, working in the respiratory system to clean and open sinuses, decongest airways, support respiratory function and increase oxygen intake. By supporting the breathing function it boosts the immune response during respiratory infections such as colds and flu and reduce convalescence time.

The aromatic blend of citrusy pine-like fragrance has a tonic, soothing and calming effect on the nervous system. The scent induces an uplifting of mood, clears thought and promotes a restful sleep.

List of specific therapeutic actions

Respiratory: fights respiratory infections, aids in bronchitis, eases breathing, decongests the airways, helps in sinusitis, lung congestion, flu, colds, has expectorant properties

Circulatory: has stimulating properties, stimulates peripheral circulation, promotes cerebral circulation

Immune: boosts immunity, strengthens the immune response during respiratory infections

Musculoskeletal: aids in arthritis, relieves muscle aches and pains, helps in rheumatism

Nervous: aids in neuralgia, relieves headaches, alleviates migraines

Energetic: fights mental and emotional fatigue, has uplifting properties, cleanses energies, clarifies thought, increases relaxation, promotes restful sleep, soothes, encourages logical

and positive thinking by enabling healthy breathing. Emotionally, it connects the individual to nature, enhances creativity, sharpens intuition

Ayurveda:

Fir is used in conditions associated with excess *kapha*. It balances the dosha by reducing congestion of both physical and psychological conditions. In Ayurveda fir is also considered balancing for *vata*.

Traditional Chinese Medicine:

In TCM fir is used as a Qi tonic, boosting energy. It is considered warm and used in Qi deficiencies, especially in conditions associated with lack of energy, negative moods, unhealthy thinking.

Aromatic profile:

Scent: Fresh, delicate, sweet green, resinous, a light citrusy top note with a soft, fruity, pine-like base and a fresh, resinous dryout

Note: top and middle

Blends well with: other pine and fir oils, juniper berry, rosemary, patchouli and citrus oils

Safety: Non-toxic, non-irritating. Pregnant, breastfeeding women and infants should avoid use

How To Use Fir Essential Oil:

Fir essential oil can be diffused, used in direct inhalations, in bath water or topically. When applied topically fir essential oil always needs to be diluted in a carrier oil.

To promote respiratory and musculoskeletal health add 2-3 drops of fir oil in the bath water. A massage oil soothing for muscle and joints can be made by adding 5-6 drops to 1 oz. carrier or massage oil. Used topically it diminishes inflammation, relieves spasms and cramps and warms.

For a healthy respiratory system, uplifted and clear mood use in a diffuser.

Fir Essential Oil Recipes:

Anti-inflammatory for muscles and joints:

- 2 drops grand fir / silver fir
- 2 drops cedar
- 4 drops helichrysum
- 4 drops chamomile
- 2 drops rosemary

Diluted in 1 oz. jojoba oil and applied topically 2-3 times per day, for a two to three days

Purifier for the atmosphere:

- 8 drops grand fir / silver fir
- 4 drops juniper

- 4 drops cypress
- 4 drops cedar wood

Diffuse the blend as many times as desired.

Sinus Allergies Blend

- 2 drops laurel
- 4 drops eucalyptus
- 2 drops fir
- 2 drops gingergrass

Use in diffuser, steam inhalation or a few drops for palm inhalation.

Inula (Inula racemosa, Inula graveolens)

Overview:

Inula is shrubby, flowering annual herb belonging to the Asteraceae (daisy) family and native to the Mediterranean basin and other areas with similar climate and soil composition. Inula thrives in warmer areas with rich nitrogen soils where it self-perpetuates being catalogued as a weed by modern agriculture. Inula is widespread in the Mediterranean region and also spontaneously grows in the western Atlantic-European coast (Corsica) and Middle East (Iran, Iraq, Afghanistan, north-west India). The flowers are yellow, daisy like, with a strong camphoraceous, slightly medicinal scent. Due to their particular smell inula flowers were revered as medicinal plants in ancient Roman and Greek cultures. It was used mainly to treat respiratory infections and improve the health of those suffering from serious illnesses.

Inula essential oil is produced through steam distillation of the flowers and herbaceous parts. Inula essential oil can either be pale yellow (when distilled in stainless steel containers) or emerald green (when distilled in copper). The reason for the deep green color of some varieties of inula essential oil is that some active ingredients react with the copper, producing copper oxide, which brings the green complexion to the oil. Due to its camphoraceous smell, inula essential oil has an affinity to the respiratory system, where it clears sinuses, decongests airways and boosts oxygen intake. Inula essential oil is one of the primary oils used in chronic respiratory ailments such as asthma. Due to its aroma it is a substituent and complement to coniferous essential oils such as pine, juniper and others.

Therapeutic Actions and Benefits:

Inula oil is known to have mucolytic, anti-inflammatory, decongestant, anti-asthmatic, immune boosting, lymphatic cleansing, tonic and stimulant properties. Inula essential oil has an affinity for the respiratory system. It is one of the primary essential oils used in aromatherapy to address chronic respiratory ailments and to support healthy breathing. It is excellent for asthma and unproductive coughs. Inula essential oil is also effective in the musculoskeletal system. Topically applied it stimulates peripheral circulation and relieves joints and muscle pain, promotes musculoskeletal health and supports peripheral circulation. Massaged on the abdomen, it stimulates digestion and is considered an adjuvant in supporting the digestive transit. In aromatherapy inula oil is deeply soothing and refreshing to the nervous system, with energizing effects. Inula essential oil also fights stress and anxiety, helps in sleeping disorders and insomnia, has tonic effects and energizes mind.

List of specific therapeutic actions

Respiratory: helps in colds and flu, decongests airways, clears sinuses, has mucolytic properties, boosts oxygen intake, helps in asthma and unproductive coughs

Circulatory: stimulates peripheral circulation, protects blood vessels, promotes circulatory health

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles, relaxes strained muscles

Topical: promotes wound healing, has antibacterial and antiseptic properties

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia, soothes

Energetic: energizing, stimulant, brightens mood, helps in mental fatigue, strengthens focus, clears the mind, fights negative feelings, supports motivation

Aromatic profile:

Scent: camphoraceous, slightly earthy, fresh, rich with a slightly sweet and floral dryout

Note: base to middle

Blends well with: frankincense, rosemary, rose, laurel, hyssop, lemon, myrtle, immortelle, eucalyptus, thyme, grapefruit

Safety: non toxic, non-sensitizing, might be irritant in pure form

Ayurveda:

Inula is regarded in Ayurveda as balancing and energizing and energizing.

Traditional Chinese Medicine:

In TCM inula is considered slightly warm and moist and used to dispel conditions associated with dryness such as unproductive cough. It soothes and balances shen (mind).

Important Scientific Data

Inula essential oil is rich in monoterpenes, sesquiterpenes, esters and beneficial alcohols. However, its chemical composition varies with the area of origin. For example, Corsican inula is the highest in bornyl acetate and borneol (over 50%), while the one from Greece has a higher concentration in alpha-cadiol (30%) and less borneol (25%) and the inula essential oil from Iran has over 50% cineol and only 6% borneol.

Scientific research showed that borneol has antimicrobial, antibacterial, anti-inflammatory, vasorelaxant and sedative properties. This makes inula essential oil excellent for topical application. It is also an effective in addressing peripheral stagnation and lymphatic edema. The vasorelaxant properties also help in addressing broken capillaries.

Bornyl acetate also has analgesic and anti-inflammatory effects that can help wound healing. In the nervous system, bornyl acetate has relaxing and nervine effects, which can be helpful in addressing stress, anxiety and depression. Scientific research showed that bornyl acetate has expectorant and spasmolytic effects, which confirms its efficiency in respiratory ailments.

Inula essential oil also exhibits antibacterial activity, due to its several volatile components.

How To Use Inula Essential Oil:

Inula essential oil can be applied (in a proper dilution) topically, in the bath, through direct inhalation, or diffuser.

Add 1-2 drops of inula essential oil in a carrier oil and gently massage on the chest to help recovery from colds and flu. Add 1-2 drops in 1 oz. carrier oil to obtain massage oil with great effects in enhancing peripheral circulation and soothing muscles. Gently massage in an anti-clockwise motion on the abdomen to support digestion. Massage on the lower abdomen to soothe menstrual pain.

Add a couple of drops in the bathwater for a refreshing and energizing experience.

Use 1-2 drops in the diffuser or diluted for direct palm inhalation to clear airways, address dry cough, and to reduce asthma attacks. Diffuse during winter and flu season to boost respiratory immunity for the whole family.

Inula Essential Oil Recipes:

Respiratory health:

- 2 drops inula
- 2 drops myrtle
- 1 drops peppermint
- 4 drops eucalyptus
- 2 drops pine

Diffuse the blend during respiratory infection and during the winter season. Dilute the blend in 1 oz carrier oil and gently rub on the chest to decongest airways.

Laurel (Laurus nobilis)

Overview:

Laurel is a perennial tree indigenous to Europe, especially the Mediterranean area. Laurel is an evergreen tree that grows up to 3 to 8 meters, able to resist and thrive in harsh conditions. The use of various laurel parts has been documented in history ever since the ancient Greek and Roman Empires. It was used in various religious and traditional processions, symbolizing love, esteem, clarity, knowledge and awareness. Laurel was also used therapeutically in various preparations, especially for the ailments of the respiratory tract mainly because of its decongestive and expectorant properties. It is also effective in addressing rheumatic conditions and stimulating peripheral circulation. In aromatherapy laurel is used therapeutically for ear, nose and throat and respiratory ailments. Emotionally, laurel has an aromatic profile that clears negative thoughts, sharpens consciousness, supports alertness, assertion, courage, and decision making.

Therapeutic Actions and Benefits:

Laurel is rich in cineole and eugenol, which give it anti-inflammatory, analgesic, antibacterial, antifungal, anti-rheumatic, antiseptic, antispasmodic, antiviral, decongestant, expectorant, febrifuge, and stimulant properties. Laurel has an affinity for the respiratory system. It is also effective in the musculoskeletal, lymphatic and circulatory systems. Laurel fights respiratory infections such as colds and flus, and supports the respiratory system. It also boosts the immune system especially by enhancing oxygenation due to airways decongestion. Laurel is fresh, tonic, and stimulating to the senses and energetic channels of both body and mind. It stimulates the mind, enhancing concentration and clearing thoughts. Emotionally, laurel oil is associated with enhanced concentration, decision-making, courage, assertiveness, as well as the capacity to let go of the past and move forward.

List Of Specific Therapeutic Actions

Respiratory: has mucolytic and expectorant properties, alleviates chronic and acute bronchitis, relieves sinusitis, aids in asthma, treats sore throat and infections, laryngitis, clears the head, unclogs sinuses, decongests airways, boosts oxygen intake, fights colds and flus

Circulatory: has stimulating properties, stimulates peripheral circulation, promotes cerebral circulation, fights edema

Immune: boosts immunity, strengthens the immune response during respiratory infections

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, helps in carpal tunnel syndrome and plantar fasciitis

Nervous: helps in exhaustion, has tonic properties, aids in neuralgia, relieves headaches, alleviates migraines

Energetic: helps lift self-esteem, encourages letting go of the past and moving forward, tonic, cooling, refreshing, uplifting, clears negative emotions, stimulates the mind, aids

concentration, balances and purifies energy, calming, promotes logical thinking, boosts courage, facilitates decision making.

Ayurveda:

Used in *Kapha* conditions associated with congestion and respiratory ailments. Laurel has a strong affinity for the respiratory and musculoskeletal systems.

Traditional Chinese Medicine:

In TCM laurel is used for regulating and circulating the Qi energy and also for clearing the lungs and clearing phlegm.

Aromatic profile:

Scent: cinnamon, spicy, sweet, warm, herbaceous, minty, fresh

Note: top note, medium strong

Blends well with: Bergamot, clary sage, cypress, frankincense, ginger, juniper, lavender, orange, patchouli, pine, rosemary, ylang ylang

Safety: Non-toxic, non-irritating

How To Use Laurel Essential Oil:

Laurel oil can be applied topically in safe dilutions, as a compress, in the bath, through direct inhalation, or diffuser.

For massage of the muscle and joints and lymphatic drainage laurel essential oil must be diluted in a base oil. A 1 - 2% dilution of laurel oil in a carrier oil can be used for local massage to enhance peripheral circulation, relieve muscular and joint pain, and to support lymphatic function.

Laurel can also be used for inhalations either in a diffuser or few drops on the palm to clear the sinuses, enhance oxygen intake and clear the mind.

Laurel essential oil can also be used as an air freshener; a few drops added into a spray bottle containing water can help reduce unpleasant odors and freshen the air.

A few drops in the water or in the diffuser can be used to repel insects.

Laurel Oil Recipes:

Flu and cold prevention: in the diffuser, a pot of steaming water for inhalations or added in ½ - 1 oz. unscented ointment for chest rub:

- 2 drops laurel
- 3 drops eucalyptus
- 3 drops ravensara
- 3 drops lavender

Decongestant and expectorant: in diffuser or in a pot of hot water for inhalations

- 2 drops laurel

- 2 drops eucalyptus
- 2 drops cedar
- 4 drops frankincense
- 4 drops juniper

Monarda (Monarda fistulosa)

Overview:

Monarda is a perennial, herbaceous plant, belonging to the Lamiaceae (mint) family and endemic to North America. Monarda flowers are loved by bees and other pollinators, giving it the common name bee balm. Because its scent is very similar to bergamot, monarda is also referred to as wild bergamot. Monarda was used by the Native Americans for its therapeutic properties to address various ailments. All the parts of the plant were used in different preparations, such as decoctions, extracts, poultices and infusions. It was considered to have an affinity for the skin and hair, and it was used in the preparation of cosmetics. Monarda was also used as a scenting and odorizing ingredient, and in numerous Native American ceremonies and rituals.

The essential oil is steam distilled out of the flowering herbaceous parts. It has a clear to pale yellow color and a mobile, thin texture. Monarda has a similar aromatic profile to bergamot, but a greater antibacterial effect, due to its high content in geraniol and thymol. Monarda is excellent in blends, because it enhances the properties of other oils and complements their aromatic profile. Bergamot and monarda also have similar effects in aromatherapy, especially soothing and relaxing the mind. Monarda essential oil is an excellent choice for skin care when gentle antiseptic effects are needed. However, pure essential oil is very potent and can be caustic to the skin; use only when highly diluted (maximum 1%).

Therapeutic Actions and Benefits:

Monarda has a high content of geraniol, thymol and other monoterpenes and sesquiterpenes that give the essential oil analgesic, antidepressant, antiseptic, antispasmodic, antiviral, carminative, deodorant, digestive, decongestant, febrifuge and tonic properties. Monarda has an affinity for the skin, due to its antibacterial and antiseptic properties, which are effective yet gentle. To the nervous system monarda oil is deeply soothing and calming. It fights stress and anxiety, helps in sleeping disorders and insomnia and promotes a deep, restful sleep. It is also a great adjuvant in stress-related conditions, such as digestive or skin problems. Topically applied it stimulates peripheral circulation and relieves joints and muscle pain and promotes musculoskeletal health. Massaged on the abdomen, it stimulates digestion and considered an adjuvant in supporting the digestive transit. Used in aromatherapy it has a nervine yet tonic effect supporting emotional balance and encouraging mental alertness.

List of specific therapeutic actions

Endocrine / reproductive: soothes menstrual pain, supports the body during hormonal changes, reduces mood swings

Respiratory: clears airways and sinuses, decongestant

Circulatory: stimulates peripheral circulation, protects blood vessels

Immune: tonic, antibacterial, antifungal

Musculoskeletal: relieves joints and muscular pain, soothes sore muscles

Topical: balances sebum production, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health

Nervous: alleviates anxiety, calms nervousness, strengthens nerves, helps in sleeping disorders and insomnia

Energetic: uplifting, calming, fights mood swings, helps in mental fatigue, strengthens the mind, supports mental clarity, encourages clear thinking, increases relaxation, reduces fear and rage.

Aromatic profile:

Scent: exotic, fresh, sweet, citrusy, rich, slightly flowery, with a slightly spicy, herbaceous and balsamic dryout

Note: top

Blends well with: chamomile, clary sage, eucalyptus, frankincense, rose geranium, lavender, lemon, lemongrass, mandarin, orange, rosemary, tulsi, vetiver, ylang ylang

Safety: phototoxic, might be irritant in pure form

Ayurveda:

In Ayurveda, similar to bergamot, monarda is considered useful in vata excess, in conditions associated with anger, excitability, irritation, spasm, seizures and tremors. It can also help soothe anger caused by excess pitta.

Traditional Chinese Medicine:

In TCM monarda relaxes spirits, freshens and harmonizes shen (mind). It is indicated to regulate and balance the Liver Qi and encourages the Qi circulation.

Important Scientific Data

Monarda essential oil is rich in monoterpenes, sesquiterpenes, esters and beneficial alcohols. The main volatile components are thymol, geraniol and linalool, monoterpenic alcohols with very potent antiseptic, antibacterial and antifungal properties. These were scientifically validated as efficient active antibacterial and antifungal substances, with results against E. coli, Listeria, Pseudomonas, Proteus, Salmonella, and Clostridium candida and aspergillus.

In vitro research showed that thymol is a potent antioxidant and antimutagen agent with great potential in anti-cancer therapy. Thymol has an antioxidant efficiency comparable and even superior to alpha tocopherol.

Studies also shown that several active ingredients in monarda essential oil have potent anti-inflammatory agent with relevant effects in inhibiting pre-inflammatory cytokines.

How To Use Monarda Essential Oil:

Monarda essential oil can be applied (always highly diluted, maximum 1%) topically, as a compress, in the bath, through direct inhalation, or diffuser.

Monarda brings a floral essence to perfumes, with a calming, relaxing, and emotionally balancing effect.

Add 1 drop of monarda essential oil in a carrier oil or a skin lotion to address nervous triggered skin conditions such as eczema and psoriasis, soothe insect bites and promote wound healing. Add 1-2 drops in 1 oz. carrier oil for great effects in enhancing peripheral circulation and soothing muscles. Massage on the lower abdomen to soothe menstrual pain and the upper abdomen to promote digestion.

Add a couple of drops in the bathwater for a relaxing, soothing, uplifting experience.

Use 1-2 drops in the diffuser or for direct palm inhalation to uplift spirit, fight stress, calm anxiety, reduce anger and fear, support mental focus and balance emotions.

Monarda Essential Oil Recipes:

Inhalation for sinus infections

- 1 drop monarda
- 1 drop eucalyptus
- 1 drop tea tree
- 1 drop lavender

Use as steam inhalation

Anti-anxiety blend:

- 2 drops monarda
- 2 drops chamomile
- 1 drop neroli
- 2 drops mandarin
- 2 drops lavender
- 1 drop palo santo

Diffuse as many times as preferred, or add 1-3 drops in 1 oz. carrier oil and use as massage oil to deeply relax.

Myrtle (*Myrtus communis*)

Overview:

Myrtle is a perennial, evergreen, shrubby, flowering small size tree, belonging to the Myrtaceae family and native to the Mediterranean area. The leaves and berries are commonly used as a spice in Corsican and Sardinian cuisine; it is also used to spice traditional alcoholic beverages. In Europe, myrtle is a highly revered plant that has been used for centuries in religious rituals and processions. It was the sacred herb of Aphrodite, the goddess of love and Demeter, the god of agriculture and considered to have an affinity for women. Myrtle has been used as a therapeutic herb since ancient times. Its medicinal properties are mentioned in the works of Hippocrates and several other Greek, Roman and Arabic writers.

Myrtle essential oil is steam distilled out of fresh leaves and flowers. It has a red to brown color, a mobile consistency and a medium strength of the aroma. Myrtle essential oil is harmonious, balancing and relaxing oil with for the whole family and effectiveness both at home and at work. It has a slightly feminine aroma and blends well with other floral essential oils.

Therapeutically, the essential oil has a relaxing effect on the nervous system, supports the respiratory system and is very good for the oily, acne-prone, seborrhea skin due to its astringency. Myrtle is milder than eucalyptus and more suitable for children and the elderly. Myrtle essential oil is generally well tolerated and can be used in a maximum 1:1 dilution with a carrier oil.

Therapeutic Actions and Benefits:

Myrtle is rich in monoterpenes and sesquiterpenes, esters and alcohols. Scientific research showed that myrtle has antibacterial, antidepressant, anti-inflammatory, antiseptic, astringent, expectorant, immune enhancer, nervine, and sedative properties. In the respiratory system, myrtle decongests the airways and sinuses boosting oxygen flow, helping the body to recover in respiratory infections. The active ingredients of myrtle are also beneficial for muscles, having both soothing and stimulating properties. Topically massaged it also stimulates peripheral circulation and supports the capillary system.

Myrtle essential oil is astringent, which makes it efficient in addressing skin conditions associated with excess sebum production such as acne, seborrhea, clogged pores etc. On the nervous system, the essential oil has a relaxing, reviving effect, fighting stress and depression and supporting the ability to focus.

List of specific therapeutic actions

Respiratory / ENT: helps in respiratory infections, soothes sore throat, aids in airway decongestion, clears sinuses

Skin: balances sebum production, astringent, helps in treating acne, aids in seborrhea, efficient in oral hygiene

Immune: has antiseptic, antibacterial and antifungal properties, boosts oxygen intake

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles

Circulatory: improves peripheral circulation, supports capillary health, fights local edema

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, supports a positive attitude, aids in sleep disorders and insomnia

Energetic: induces a positive atmosphere, creates good moods, helps in sadness and grief, encourages intimacy and connection, fights negative and unproductive thoughts, rejuvenates thoughts, enhances mood

Aromatic profile:

Scent: sweet, floral, sharp, bright, slightly camphorous, bay-like

Note: middle to top

Blends well with: clary sage, lavender, clove, black pepper, rosemary, rose, ylang-ylang

Safety: non-sensitizing, non-toxic, might be irritant in pure form

Ayurveda:

Myrtle is ideal for conditions associated with excess vata such as anxiety and fear. It is considered warming and good for the muscles and joints.

Traditional Chinese Medicine:

In TCM myrtle encourages and regulates the Qi energy flow through the body. It is used to boost respiration.

Important Scientific Data

Myrtle essential oil is rich in monoterpenes, sesquiterpenes, esters and beneficial alcohols such as camphene, cineol, geraniol, linalool, myrtenol, pinene.

The volatile ingredients in myrtle essential oil are very efficient antibacterial, antifungal and antiviral agents, effective even against resilient bacteria and fungi. This makes myrtle essential oil ideal for topical applications.

Several in vitro studies showed that monoterpenes and sesquiterpenes contained in essential oils have very potent antioxidant and antimutagen properties with great potential in anti-cancer therapy.

Active ingredients in myrtle essential oil such as alpha-pinene and camphene have potent anti-inflammatory activities with relevant effects in inhibiting pre-inflammatory cytokines.

How To Use Myrtle Essential Oil:

Myrtle essential oil can be applied (in proper dilution) topically, as a compress, in the bath, through direct inhalation, or diffuser.

Add 1 drop of myrtle essential oil in a carrier oil or a skin lotion to balance sebum production and address acne (especially juvenile), to reduce skin inflammation and blemishes.

Add 1-2 drops in 1 oz. carrier oil for a massage oil with great effects in enhancing peripheral circulation and soothing muscles. Massage on the chest to clear sinuses and decongest airways.

Add a couple of drops in the bathwater for a relaxing, uplifting, positive experience. To induce a romantic mood also add 1-2 drops of jasmine in the water.

Use 1-2 drops in the diffuser or for direct palm inhalation to uplift spirit, awaken the mind, elevate mood, and induce a positive atmosphere. Diffuse myrtle when working or studying as it promotes clear thinking and mental focus.

Steam inhalation of myrtle oil is a specific treatment for sinus allergies.

Pine (Pinus sylvestris)

Overview:

Pine is a middle to large size evergreen with tree belonging to the Pinaceae family and native to various forest areas all over the world. Pine is a robust and resilient evergreen with needle-like leaves that has been used by humankind since ancient times for firewood, as a construction material. It was also used as a room odorizing and for scenting and cleaning purposes. Pine needles and buds have been used traditionally all over the world as therapeutics in various forms of preparations. Greeks and Romans used pine to treat respiratory ailments primarily, but also to boost immunity and to strengthen mind. Pine has a fresh, crisp and clean aroma that ranks amongst the favorite scents; its scent is widely replicated through synthetic products.

Pine essential oil is steam distilled out of needles. Scots Pine (Pinus sylvestris) and Corsican Pine (Pinus negri) are two of the most well known species in aromatherapy. Scots pine has a stronger, crisper aroma while Corsican is milder and gentler. The essential oil has a clear to pale yellow color, a thin consistency and a strong initial aroma.

In aromatherapy, pine oil is known for its uplifting and purifying qualities, which support nearly every system of the body. Known to have an uplifting, cleansing effect that can dispel worry and tiredness, pine oil can clear the air and invigorate the mind. Pine essential oil is frequently adulterated with synthetic compounds.

Therapeutic Actions and Benefits:

Pine essential oil contains numerous active therapeutic ingredients, especially monoterpenes. Pine essential oil has anti-inflammatory, antibacterial, antifungal, antiviral, anti-rheumatic, antiseptic, decongestant, expectorant, febrifuge, and stimulant properties. Pine is considered purifying, cleansing and detoxifying, with affinity to the respiratory system. It fights respiratory infections such as colds and flus, clears sinuses and decongests airways, boosting oxygen intake. It can also be used externally, incorporated in massage oils (up to 2-3% dilution) to treat respiratory diseases, in irritating bronchitis and to support smoking withdrawal. It can be also administered in inhalations and aerosols to treat asthma and other respiratory diseases. It is also effective in the musculoskeletal, lymphatic and circulatory systems because it soothes muscles and joints and supports peripheral circulation. It also promotes gum health and helps in the treatment of oral and throat sores. Pine has a calming, relaxing effect on the nervous system.

List Of Specific Therapeutic Actions

Respiratory: helps in colds and flus, decongests airways, unclogs sinuses, helps in the treatment of respiratory infections, boosts oxygen intake

Circulatory: has stimulating properties, stimulates peripheral circulation, promotes cerebral circulation, fights edema

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, soothes, relaxes, stimulates

Skin: antibacterial, antiseptic, promotes wound healing

Nervous: helps in exhaustion, calms nerves, has relaxant properties, relieves stress, aids in stress-related sleeping disorders

Energetic: cleans and purifies, has energizing properties, encourages focus, boosts mental energy, supports clear thinking, enhances mental performance.

Aromatic profile:

Scent: fresh, green, resinous, strong, forest-like, balsamic, dry

Note: top to middle

Blends well with: bergamot, lemon, orange, mandarin, bergamot, lime, cypress, cedar, pine, cleary sage, rosemary, lavender

Safety: Non-toxic, non-irritating

Ayurveda:

In Ayurveda, pine is considered a spiritual revitalizer. It is benefic for all the tissues, especially muscle, lymph and blood and balances the fluid excess.

Traditional Chinese Medicine:

In TCM, pine is considered tonic and warm, with use in respiratory infections and to address congestion and stagnation in muscle and joints.

Important Scientific Data:

Pine essential oil is very rich in monoterpenes (up to 90%), which contributes to its potent antibacterial and antiseptic properties. Pine is especially rich in borneol, bornyl acetate, alpha and beta pinene.

There is a large amount of scientific research on the antibacterial and antifungal properties of pine essential oil. Numerous studies showed that it is efficient against both gram negative and positive pathogen bacteria. Pine essential oil is also a strong antifungal agent, with efficiency against Candida and Aspergillus. It is also a strong insect repellent.

One of the active ingredients in pine showed a particular affinity to neuronal cells. Early research showed that borneol mediates the activity of acetylcholine mediated synapses, an effect that can be used for targeted drug delivery, treating addictions and many other neuro-scientific applications.

Other monoterpenic components, such as alpha and beta pinene showed anti-inflammatory effects in vitro, by inhibiting pre-inflammatory cytokines. Alpha pinene also has anti-tumor and anti-mutagenic effects.

A study on aromatherapy as a complementary medical procedure showed that pine, along with eucalyptus and peppermint, have a beneficial effect on the cerebrovascular system.

How To Use Pine Essential Oil:

Pine oil can be applied topically (maximum 2-3% dilution) massaged or as a compress, in the bath water, through direct inhalation, or diffuser.

For massage of the muscle and joints and lymphatic drainage pine essential oil must be diluted in a base oil. A 1 - 3% dilution of pine oil in a carrier oil can be used for local massage to enhance peripheral circulation and to relieve muscular and joint pain. A more potent dilution (up to 5%) can be used for lymphatic drainage.

This essential oil is very tonifying and is particularly useful for exhausted, convalescent, infection-prone, immune-deficient individuals (due to its potent antiseptic properties). Used in dilution it can be massaged on the lower abdomen for a decongestant effect, promoting local circulation and aiding prostatitis and soothing menstrual pain.

Add 2-3 drops in the bath water for supporting respiratory function and clearing the mind.

Pine can be used for inhalations either in a diffuser or few drops on the palm to clear the sinuses, support the breathing function and to purify the atmosphere.

Diffuse pine during the cold season to support respiratory health for the entire family.

Add a couple drops in two cups of water and spray in the room for odorizing and cleansing purposes.

Add 2-3 drops on a cloth and place it in the washing machine with the laundry for clean, fresh smelling effects.

Pine Oil Recipes:Wintertime Immune Support:

- 2 drops pine
- 2 drops eucalyptus
- 2 drops lemon
- 2 drops tulsi
- 1 drop rosemary
- 1 drop thyme

Diffuse the blend, or add 1-2 drops in a bowl of steaming water and inhale during the cold season, to boost immunity and to help heal respiratory infections.

House cleaning spray:

- 12 drops pine
- 12 drops eucalyptus
- 12 drops tea tree
- 12 drops lemon

Dilute the blend in 8 oz. water and use a mist bottle to spray for cleaning and scenting purposes.

Piñon pine (*Pinus edulis*)

Overview:

Piñon pine is a large size evergreen tree belonging to the Pinaceae family, native to the North American Continent. Piñon pines produce nuts, which are frequently used for culinary purposes. The trees have been used by the native populations for firewood, construction purposes and for scenting and cleaning purposes. Piñon pine sap, needles and buds have been used by Native Americans as therapeutic agents in various forms of preparations, especially to treat respiratory ailments, but also to boost immunity and to strengthen the mind. Piñon pine has a fresh, crisp and clean aroma, yet milder and sweeter than the rest of the coniferous scents.

Piñon pine essential oil is steam distilled out of needles. The best essential oil is distilled at high altitude, out of freshly harvested needles, needing less steam heat and producing a higher quality product. The essential oil has a clear to pale yellow color, a thin consistency and a strong initial aroma. In aromatherapy, piñon pine oil is known for its uplifting and purifying qualities, which support nearly every system of the body. Known to have an uplifting, cleansing effect, piñon pine oil can dispel worry and tiredness, and release negative emotions. The aromatic profile of piñon pine essential oil is sweeter and milder with slight floral notes that set it apart from the rest of the coniferous essential oils that are usually crisp. Because it has the same properties but a sweeter, gentler aroma, it is a great alternative or addition to any other coniferous essential oil.

Therapeutic Actions and Benefits:

Piñon pine essential oil contains numerous active ingredients, especially monoterpenes (over 50%). Piñon pine essential oil has anti-inflammatory, antibacterial, antifungal, antiviral, anti-rheumatic, antiseptic, decongestant, expectorant, febrifuge, and stimulant properties. Piñon pine is considered purifying, cleansing and detoxifying, with affinity to the respiratory system. It helps in respiratory infections such as colds and flu, clears sinuses and decongests airways, boosting oxygen intake. It can also be used externally, incorporated in massage oils (up to 1-3% percent dilution) to treat respiratory diseases, in irritating bronchitis or asthma. It can be also administered in inhalations and aerosols to treat asthma and other respiratory diseases. Piñon pine essential is also considered an adjuvant in smoking withdrawal. It is also effective in the musculoskeletal, lymphatic and circulatory systems because it soothes muscles and joints and supports peripheral circulation. Piñon pine has calming and relaxing yet energizing and refreshing effects that support the normal functioning of the nervous system.

List of specific therapeutic actions

Respiratory: helps in colds and flu, decongest airways, decongests sinuses, helps in the treatment of respiratory infections, boosts oxygen intake

Circulatory: has stimulating properties, stimulates peripheral circulation, promotes cerebral circulation, fights edema

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, soothes, relaxes

Skin: antibacterial, antiseptic, promotes wound healing, helps in healing mouth and throat sores

Nervous: helps in exhaustion, calms nerves, has relaxant properties, relieves stress, helps balance, aids in stress-related sleeping disorders

Energetic: cleans and purifies the atmosphere, has energizing properties, detoxifies the mind from negative thoughts, clears confusion, encourages focus, boosts mental energy

Aromatic profile:

Scent: Soft, floral-fruity, terpenic, resinous, buttery

Note: top to middle

Blends well with: bergamot, lemon, orange, mandarin, bergamot, lime, cypress, cedar, clary sage, rosemary, lavender

Safety: Non-toxic, non-irritating

Ayurveda:

In Ayurveda, piñon pine has revitalizing effects on the spirit. It is beneficial for all the tissues, especially muscle, lymph and blood and balances the fluid excess.

Traditional Chinese Medicine:

In TCM, piñon pine is considered tonic and warm, with use in respiratory infections and to address congestions associated with muscle and joints.

Important scientific data:

Similar to other members of the pine family such as Corsican or Scotts, piñon essential oil is very rich in monoterpenes (over 50, sometimes up to 90%), which contributes to its potent antibacterial and antiseptic properties. Piñon pine is especially rich in borneol, bornyl acetate, alpha and beta pinene.

There is a vast scientific bibliography on the antibacterial and antifungal properties of various types of pine essential oils. Numerous studies showed that it is efficient against both gram negative and positive pathogen bacteria. Pine essential oil is also a strong antifungal agent, with efficiency against Candida and Aspergillus. It is also a strong insect repellent.

One of the active ingredients in piñon pine showed particular affinity neuronal cells. Early research showed that borneol mediates the activity of acetylcholine mediated synapses, an effect that can be used for targeted drug delivery, treating addictions and many other neuro-scientific applications.

Other monoterpenic components, such as alpha and beta pinene showed anti-inflammatory effects in vitro, by inhibiting pre-inflammatory cytokines. Alpha pinene also has anti-tumor and anti-mutagenic effects.

A study on aromatherapy as a complementary medical procedure showed that pine alongside eucalyptus and peppermint have a beneficial effect on the cerebrovascular system.

Varieties of pine essential oil rank amongst the top 5 preferred aromatherapy scents used as complimentary therapy in oncology wards.

How To Use Piñon Pine Essential Oil:

Piñon pine oil can be applied topically (maximum 1-3% dilution), in massage oil, as a compress, in the bath water, through direct inhalation, or diffuser.

For massage of the muscle and joints, and lymphatic drainage piñon essential oil must be diluted in a carrier oil. A 1-2% dilution in a massage oil can be used for local massage to enhance peripheral circulation and to relieve muscular and joint pain. A more potent dilution (up to 2-4%) can be used for lymphatic drainage. This essential oil is energizing and stimulating thus recommended for exhausted, convalescent, infection-prone, immune-deficient persons. Diluted in a carrier oil and massaged on the lower abdomen and the genito-urinary area it has a decongestant effect, promotes local circulation and aids in both prostatitis and soothing menstrual pain.

Add 2-3 drops in the bath water to decongest the respiratory system and for an energizing, revitalizing, purifying experience.

Piñon pine can also be used for inhalations either in a diffuser or few drops on the palm to clear the sinuses, support the breathing function and create a clean, focused atmosphere.

Diffuse piñon pine during the cold season to support respiratory health for the entire family.

Add a couple drops in two cups of water and spray in the room for odorizing and cleansing purposes.

Add 2-3 drops on a cloth and place it in the washing machine with the laundry for clean, fresh smelling effects.

Spruce (*Picea mariana*)

Overview:

Spruce is a large size evergreen with tree belonging to the Pinaceae family and native to northern forest areas such as the taiga or the sub-polar woods. Spruce is a robust and resilient evergreen with needle-like leaves that can grow up to 60ft. It has been used by humans for firewood, as a construction material, and was also used for scenting and cleaning purposes. Spruce needles and buds have been used traditionally all over the world as therapeutics in various forms of preparation such as syrups, decoctions and infusions. Northern Native American tribes and Siberians have used spruce to treat respiratory ailments primarily, but also as an adaptogen that supports the body during prolonged cold season. Spruce has a fresh, crisp, pure and clean aroma, specific to conifers.

Spruce essential oil is steam distilled out of needles and branch tips. The essential oil has a clear to pale yellow color, a thin consistency and a strong initial aroma. In aromatherapy, spruce oil is known for its energizing and purifying qualities, which support the respiratory functions and boosts immunity. Spruce essential oil has uplifting, cleansing and invigorating effects that refresh the mind and promote clarity.

Therapeutic Actions and Benefits:

Spruce essential oil contains numerous active ingredients that give it its therapeutic properties. Like all the other coniferous essential oils spruce essential oil has anti-inflammatory, antibacterial, antifungal, antiviral, anti-rheumatic, antiseptic, decongestant, expectorant, febrifuge, and stimulant properties. Spruce is considered energizing, cleansing and detoxifying, with affinity to the respiratory system. It fights respiratory infections such as colds and flu, clears sinuses and decongests airways. It also supports the body during convalescence and cold seasons by boosting oxygen intake. It can be also administered in inhalations and aerosols to treat asthma and other chronic respiratory diseases. It can also be used externally, incorporated in massage oils to treat respiratory diseases, in irritating bronchitis, Raynaud's or asthma. It is also effective in the musculoskeletal, lymphatic and circulatory systems because it soothes muscles and joints and supports peripheral circulation. It also promotes gum health and helps in the treatment of oral and throat sores. Spruce has a calming, refreshing effect that supports the normal functioning of the nervous system.

List of specific therapeutic actions

Respiratory: helps in colds and flu, decongests airways, decongests sinuses, helps in the treatment of respiratory infections, boosts oxygen intake

Circulatory: has stimulating properties, stimulates peripheral circulation, promotes cerebral circulation, fights edema, helps in Raynaud's

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints, aids in arthritis and rheumatism, soothes, relaxes, stimulates

Skin: antibacterial, antiseptic, promotes wound healing

Nervous: helps in exhaustion, calms nerves, has relaxant properties, relieves stress, helps balance, aids in stress-related sleeping disorders

Energetic: cleans and purifies energies, provides a feeling of security, has energizing properties, detoxifies the mind from negative thoughts, clears confusion, encourages focus, boosts mental energy, supports clear thinking and enhances mental performance.

Aromatic profile:

Scent: fresh, pine-like, coniferous, crisp

Note: top to middle

Blends well with: bergamot, lemon, orange, mandarin, bergamot, lime, cypress, cedar, spruce, clary sage, rosemary, lavender, rose

Safety: Non-toxic, non-irritating

Ayurveda:

Spruce is considered light and warming and is used to address conditions associated with excess kapha. Spruce also deepens the breath and boosts the lungs. Due to its ability to enhance circulation, spruce is indicated for imbalance of *vyana vata*, the subdosha of vata that is the power of circulation.

Traditional Chinese Medicine:

Clears wind heat and cold, expel phlegm and is useful in conditions associated with dampness. Spruce also strengthens lung chi, clear lung heat and helps breathing.

Important scientific data:

Spruce essential oil is very rich in monoterpenes (over 60%), which contributes to its potent antibacterial and antiseptic properties. Spruce is especially rich in borneol, bornyl acetate, linalool, alpha and beta pinene and camphor.

In vitro studies showed that it is efficient against both gram negative and positive pathogen bacteria such as *Shigella*, *E.coli* and others. Spruce essential oil is also a strong antifungal agent, with efficiency against *Candida* and *Aspergillus*.

Early research showed that borneol mediates the activity of acetylcholine mediated synapses, an effect that can be used for targeted drug delivery, treating addictions and many other neuro-scientific applications; this can also explain the beneficial effects that coniferous essential oils have on the nervous system.

Other monoterpenic components, such as alpha and beta pinene showed anti-inflammatory effects in vitro, by inhibiting pre-inflammatory cytokines and influencing the inflammatory response. Alpha pinene also has anti-tumor and anti-mutagenic effects which could be of use in future anti-cancer research.

How To Use Spruce Essential Oil:

Spruce oil can be applied topically (maximum 2-3% dilution), used in massage oils, as a

compress, in the bath water, through direct inhalation, or diffuser.

For massage of the muscle and joints and lymphatic drainage, spruce essential oil must be diluted in a base oil. A 1 - 2% dilution in a carrier oil can be used for local massage to enhance peripheral circulation and to relieve muscular and joint pain. A more potent dilution (up to 3-4%) can be used for lymphatic drainage. This essential oil is very tonic and is particularly useful for exhausted, convalescent, infection-prone, immune-deficient individuals due to its potent antiseptic properties.

Add 2-3 drops in the bath water for an energizing, purifying experience.

Spruce can also be used for inhalations either in a diffuser or few drops on the palm to clear the sinuses, support the breathing function and produce a clean atmosphere.

Diffuse spruce during the cold season to support respiratory health for the entire family.

Add a couple drops in two cups of water and spray in the room for odorizing and cleansing purposes.

Add 2-3 drops on a cloth and place it in the washing machine with the laundry for clean, fresh smelling effects.