

Balsam Fir (Idaho)



Product Summary

Young Living's balsam fir is harvested and distilled in northern Idaho by Gary Young. This incredible oil has been used for years in folk medicine for its supportive properties of the circulatory and respiratory systems. Balsam fir is traditionally used to aid tired and sore muscles.

Product Story

Balsam fir looks much like a beautiful conifer tree—similar to something you'd decorate during the Christmas season. At the balsam fir winter harvest in northern Idaho, the entire tree is cut and delicately distilled. Gary Young personally selects the trees and oversees the entire harvest and distillation process. During the past few harvest seasons, Gary has also invited Young Living members to participate in this unique event.

The plant constituents in balsam fir have historically been used to support respiratory function and ease muscular and joint discomfort. To use balsam fir for respiratory support, simply inhale straight from the bottle or include a few drops in a Young Living diffuser—the fresh pine scent is very grounding and relaxing.

Balsam fir can also be beneficial as part of therapeutic massage. To use, mix one part balsam

fir with one part Young Living V-6™ Enhanced Vegetable Oil Complex and massage onto trouble spots. The primary natural plant constituents absorbed through the skin are alpha-pinene, beta pinene, camphene, and limonene. When used together, these key constituents can work to soothe localized muscular discomfort.

Primary Benefits

- + Aids in supporting the circulatory and respiratory systems.
- + Helps ease discomfort following rigorous physical activity.

How To Use

Dietary Supplement: Dilute 1 drop of essential oil in a beverage of your choice.

Topical: Dilute with a carrier oil like V-6 and apply to desired location.

Aromatic: Diffuse up to 30 minutes three times daily.

Did You Know?

- + Balsam fir is found in Believe™, Egyptian Gold™, En-R-Gee™, Gratitude™, Sacred Mountain™, and Transformation™ essential oil blends, as well as in Deep Relief™ Essential Oil

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Roll-On. Balsam fir adds a unique, uplifting pine zest to these blends.

+ Balsam fir is also available as a 5 ml or 15 ml essential oil single.

+ You can go online to http://youngliving.us/featured_items/feat-balsam_harvest.asp to see a video of Gary Young harvesting balsam fir.

Caution

Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use.