

## **Pine (Scotch)**

*Pinus sylvestris*

Self Worth

### **Source:**

**Extraction:** Steam distillation of the needles (leaves)

**Blending Factor:** 1

**Odour Note:** Middle

### **Characteristics:**

Pine is a colourless or pale yellow mobile liquid, with a strong dry, fresh forest, balsamic turpentine like odour.

### **Safety Precautions:**

Non-toxic, non-irritant (except in concentration possible sensitization). Avoid in allergic skin conditions.

### **History:**

Pine essential oil has been known for its medicinal use by the ancients, (Arabs, Greeks and Romans) It was also used by Native Americans to prevent scurvy, and to stuff mattresses to repel lice and fleas. The pine kernels are said to be excellent restoratives for consumptives after long illness.

### **Therapeutic Actions:**

Anti-infectious, anti-inflammatory, decongestant, general, hormonal, hypertensive, tonic general, nerve tonic.

### **Enhances:**

Invigorating, well-being, re-activating their energy, acceptance, self-worth, patience, self-confidence, warming and cooling.

### **Reduces:**

Exhaustion, poor concentration or memory, native vibes, mental fatigue.

### **Uses:**

**Circulation/Muscle** Arthritis, gout, muscular aches & pains, poor circulation, rheumatism.

**Nervous system:** Fatigue, nervous exhaustion, stress related conditions

**Respiratory system:** Asthma, bronchitis, catarrh, coughs, sinusitis

**Skin:** Cuts, lice, excessive perspiration, sores

### **Methods for use:**

#### **Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

#### **Bath**

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

### **Vaporiser**

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

### **Footbaths**

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

### **Blends well with:**

Cypress, Frankincense, Geranium, Juniper, Lavender, Mandarin, Palmarosa, Patchouli, Peppermint, Rose, Rosewood, Sandalwood, Tea Tree, Thyme

<b>Uplifting</b>		<b>Cleansing Room Spray</b>		<b>Self - Image</b>	
Pine	2	Pine	2	Pine	2
Petitgrain	3	Juniper	8	Mandarin	4
Lemon	3	Basil	3	Ylang Ylang	4
Total drops		Total drops	14	Total Drops	10
In Vaporiser		Dispersant	25 ml	Carrier	20 ml
		Water - 150 ml			