

# BLACK SPRUCE

*Picea mariana*

With a wonderfully fresh and uplifting aroma, Black Spruce possesses the ability to free and calm the mind while elevating the spirit. Like all conifer oils, it is an emotionally grounding oil, and at the same time stimulating, making it an excellent refresher for physical or mental exhaustion or in times of stress or anxiety.

REFRESHING,  
CALMING,  
ANTISEPTIC

It is a great enhancement for yoga or meditation practices, as well as an atmospheric energizer for any room; an effective room deodorant and antiseptic.

Black Spruce is highly supportive and restorative to overworked or depleted adrenal glands. It is strengthening and balancing to the nervous system, helps boost stamina, and may be of particular benefit with Chronic Fatigue Syndrome.

Traditionally used as a key component in massage blends to target muscle pain and spasms, joint pain, rheumatism, and general strains and sprains; also an excellent aid for poor circulation. It has long been used in saunas and steam baths, and excellent addition to the bath when used with goDesana bath salts.

A good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; reduces congestion and inflammation. Also used as a wound healing agent, antifungal and antiparasitic.

**Available in: 10ml Bottle**

## daily uses

### BATH

- Combine 8-10 drops with 1/2 to 1 cup of Pink Himalayan or Dead Sea bath salts.

### DIFFUSION

- Diffuse 5-10 drops for 15 minutes per hour as desired through the day.

### INHALATION

- Inhale 1-2 drops from a tissue or cotton ball.

### MASSAGE

- Dilute 20 drops with 1oz carrier oil. Very soothing for muscles.

### MISTING SPRAY

- Mix 15-20 drops in 4oz distilled water in cobalt blue spray bottle. Shake vigorously and spray for refreshing conifer/forest aroma.

### TOPICAL

- Can be applied neat to small areas. Dilute 50/50 for largest area applications on muscles.

### RESPONSIBLE CAUTIONS

Can be mildly irritating to those with very sensitive skin. Dilute 50/50 for application on large areas, or apply on soles of feet.



Essential Singles

## attributes

### PRODUCING ORGAN

Needles and twigs

### EXTRACTION

Steam distillation

### COUNTRY OF ORIGIN

Canada

### PROPERTIES

Antifungal, anti-infectious, anti-inflammatory, antiparasitic, antirheumatic, antiseptic, antispasmodic, astringent, decongestant, deodorant, diuretic, expectorant, immunostimulant, nerve, rubefacient, warming.



### QUALITY ASSURANCE

All goDesana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDesana.

