

## 10 ml Spruce Essential Oil



**Brand:** Ancient Wisdom

**Product Code:** EO-68

**Availability:** In Stock

**Weight:** 0.04kg

**Price:** £4.25

### Description

Latin Name : Tsuga Canadensis  
Part of Plant Used : Needles & Twigs  
Source : USA  
Extraction Method : Steam Distillation  
The earthy-smelling Spruce Essential Oil, which is made from the needles and twigs of spruce trees, can be combined with other notable essential oils to help promote healing from muscles aches, sprains and strains. Spruce oil has potent antibacterial, anti-infectious, anti-cancer, anti-inflammatory, antispasmodic, antiviral, antiseptic, disinfectant, expectorant and stimulant properties. It works wonders for respiratory ailments, wound healing, viral infections, arthritis, rheumatism and other forms of muscle aches and pains. Spruce oil is frequently added in soap, air fresheners and household cleaner formulations to lend its fresh scent and act as a disinfecting agent. Because of its pleasant earthy scent, its calming effects and its ability to ease anxiety and stress