

10 ml Pine Sylvestris (Scots Pine) Essential Oil



Brand: Ancient Wisdom

Product Code: EO-45

Availability: In Stock

Weight: 0.04kg

Price: £2.50

Description

Latin Name : Pinus Sylvestris. Part of Plant Used : Needles. Source : Siberia. Extraction Method : Dry Distillation. The health benefits of pine essential oil include its ability to reduce inflammation and associated redness, protect against sinus infections, clear mucus and phlegm, cure skin conditions like eczema and psoriasis, boost the immune system, fight fungal and viral infections, stimulate the mind and body, and protecting your home and body from a wide variety of germs. The numerous health benefits of pine essential oil have made it one of the most important essential oils used in aromatherapy. Pine essential oil blends well with many other oils including cedarwood, rosemary, lavandin, sage, labdanum, and juniper, and therefore, it can be widely used in making aromatherapy preparations. It has a very low toxicity for humans, so it is one of the safer essential oils, although some people are sensitive and can suffer from mild respiratory irritation when inhaling too much of this powerful oil. Pine essential oil is the oil obtained from the tree commonly known as pine, which has the Latin or scientific name Pinus Sylvestris. It is believed that this tree originated in Austria and Russia before spreading to different parts of the world. If you are still not sure what tree we are referring to, you have probably seen it used as a Christmas tree all over the world! One of the reasons that pine oil has become such an important element in supplemental health is its availability. It is relatively easy to make pine essential oil, and pine trees grow in huge numbers all over the world.